

Play GRAPEVINE

PARKS AND RECREATION ACTIVITIES GUIDE

108,000 SQ FT OF AWESOME

The REC of Grapevine is open for business! With an indoor aquatics space, 7,000 square feet of exercise equipment and active adults 55 and better wing, there is something for everyone at Grapevine's newest attraction.

PAGE 03

SUNSET CONCERT SERIES

Bring your blankets and chairs for a relaxing fall evening of various music styles surrounded by the beautiful Botanical Gardens! PAGE 47



playgrapevine.com



THE REC

OF GRAPEVINE



108,000 SQUARE FEET OF AWESOME.

- Indoor family aquatic center with slides, lazy river, lap lanes and play structures
- Indoor children's themed playground
- On-site childwatch
- Active adults 55 and better area includes a computer lab, classroom space, lounge area with fireplace (maintaining same senior benefits)
- Over 7,000 square feet of fitness room space with cardiovascular/strength equipment and exercise stations
- Regulation-size basketball and racquetball courts
- Multiple exercise rooms for fitness classes
- Private fitness assessment rooms
- An elevated walking track
- Ten family changing rooms
- Seating and lounge spaces throughout



**FAMILY PASSES AS LOW AS
\$4.17/PERSON A MONTH***

*Annual family pass - family of 6.

OUR MISSION

To enhance the quality of life of the citizens of Grapevine, through the stewardship of our natural resources and the responsive provision of quality leisure opportunities.

CONTACT INFO:

GRAPEVINE PARKS AND RECREATION ADMINISTRATION

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817.410.3122

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Director

Chris Smith
Deputy Director

THE REC OF GRAPEVINE

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Vineyardscampground.com

MEADOWMERE PARK

817.488.5272

ROCKLEDGE PARK

817.454.1058

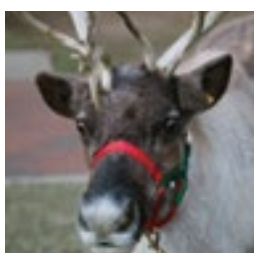
GRAPEVINE CITY COUNCIL

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C. Shane Wilbanks, Mayor Pro Tem
Sharron Spencer
Darlene Freed
Mike Lease
Chris Coy
Duff O'Dell

PARKS & RECREATION ADVISORY BOARD

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Student Liaison
C. Shane Wilbanks
Council Liaison

For additional information, visit TheREC.com



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DIRECTOR'S WELCOME



Kevin Mitchell

Director
Grapevine Parks and Recreation
kmitchell@grapevinetexas.gov

What a summer! It is hard to believe that The REC of Grapevine has been open for over four months. Over these four months, The REC of Grapevine has continued to experience significant improvements both inside and out.

Our Lake Parks/Sports Fields have spent nearly the entire summer under water as Grapevine Lake reached record levels. As the water recedes, large amounts of debris and trash will be exposed and volunteers will be needed to assist. We would like to thank everyone who has already joined us with our Lake Parks cleanup.

If you have an interest in participating in the shoreline cleanup, please email Mendie Schmidt at mschmidt@grapevinetexas.gov. We are excited about our Lake Parks and Sports Fields drying out and preparing them with a fresh start.

As you browse our fall issue of Play Grapevine, you will notice some exciting events that we have scheduled. Please plan on joining us for our concerts in the park in October at our beautiful Botanical Gardens at Heritage Park, then prepare to be amazed by our Carol of Lights program which will kick-off the holiday season. In addition to these city favorites, we are planning a major project at Rockledge Park in partnership with Texas Parks & Wildlife....stay tuned for more!

For all of us that call Grapevine home or your second home, we invite you to join us at these wonderful events that help us build community and put the "quality" in quality-of-life.

As always, please consider keeping up with Parks & Recreation news, special events and opportunities to enter our social media contests throughout the year; be sure to LIKE us on Facebook and FOLLOW us on Twitter and Instagram @ Playgrapevine.

PLAY OFTEN – PLAY GRAPEVINE!

Warm Regards,

Kevin Mitchell

Kevin Mitchell, Director
Grapevine Parks and Recreation

STAFF SPOTLIGHT



MEREDITH SHIRLEY

Community Event Coordinator

What drew you to the Grapevine Parks and Recreation Department?

Initially, I came to Grapevine for an internship in Athletics during my last semester of college. I had only been to Grapevine a handful of times before that, so I really had no idea what I was getting myself into. I quickly learned how valued and necessary this department is to the community. As an intern, I was blown away when I saw the 2014 Daddy Daughter Dance come together. It was a full immersion experience that allowed dads and daughters to spend quality time together. It didn't take long for me to realize this was where I wanted to stay; in a place where I can put big events together that allows families in the community an avenue to make memories and spend quality time together.

Give us a few of your accomplishments you're most proud of.

The day I graduated from Texas State was one of my most proud moments. I smiled for 24 hours straight. Event-wise, we took last

year's GrapeYard and made it a two-night event in a new location, and that transition was awesome to be a part of. Also, during this past spring season I got to plan Zombie Survival Camp, an idea that we had tossed around for almost a year. It's been really awesome to see that camp take off and do so well this summer.

What are three words your friends would use to describe you?

I asked my friend Allyss and she said "honest, helpful and brave".

Tell us a bit about your role as the Community Events Coordinator.

My role is to plan the community events (like Daddy Daughter Dance, Mom & Me Tea Party, The GrapeYard, etc.) and see them executed as smoothly as possible. I always laugh when people ask me to describe my job; I really never know what will happen when I walk in the door each morning. One day I am testing out paint ball guns for Zombie Survival Camp and the next we are at a tea room taste-testing for our Mom & Me Tea. It's always different and that keeps it fun.

Best job perk?

Getting to see all of our hard work come to fruition. There are jobs where you never see the end result, or the community's reaction to your hard work- and I am thankful that this job isn't like that. Watching families spend time together in an environment we created for them is so rewarding.

What gets you out of bed in the morning?

Only coffee. After coffee, it's getting to spend my day working with people who challenge me to dream bigger and more creatively.

What is one thing people would be surprised to learn about your job?

I never stop learning! When you plan events that are themed, you have to become an expert in that field. I had never seen a James Bond movie before we planned our 007: Mother Son Bonding event this spring. But I checked out books, read about the cars in the movies,

and researched the gadgets Bond carried. It makes each event unique and interesting to be learning so many new things along the way. Then from that knowledge we get to create an experience that is unique to Grapevine.

Why your job rocks:

The humans. Seriously. I'm convinced Grapevine Parks and Recreation has some of the most hard-working and kind individuals around. There is a moment at the end of every event when we are tearing down, that I look around and feel so grateful because of all the people who are there helping out. It's one thing to get to plan these events, but the execution is a whole different story. If we didn't have the team that we have, we wouldn't have the opportunities to offer such exciting and diverse events!

What is one of your favorite events that you have been associated with here in Grapevine?

The GrapeYard! I came on full-time two months before we hosted The GrapeYard last year and our team threw everything we had into that event. It was my first event post-grad where I was allowed to make decisions and given the opportunity to call some of the shots. I think that event will always be special to me because that was when I realized how much I really love what I get paid to do.

What can't-miss events are on the horizon that people should be sure to add to their calendars?

We're embarking on our busy season soon, so this is perfect timing! We're finishing up our Fourth Friday Film Series in September at Oak Grove Park near Trawick Pavilion. Then in October, my favorite event-month, we will host our Sunset Concert Series on the first three Saturdays of the month at the Botanical Gardens at Heritage Park from 7-9 pm. We can't forget The GrapeYard, which will be on October 23 and 24, from 6-11pm at Meadowmere Park.



CURRENT OPERATING HOURS

DRY SIDE

MONDAY-THURSDAY
5:00 AM-10:00 PM

FRIDAY
5:00 AM-7:00 PM

SATURDAY
7:00 AM-7:00 PM

SUNDAY
12:00 PM-7:00 PM

WET SIDE

MONDAY-THURSDAY
5:00 AM-8:00 PM

FRIDAY
5:00 AM-6:00 PM

SATURDAY
7:00 AM-6:00 PM

SUNDAY
12:00 PM-6:00 PM

Detailed aquatic schedule on pg. 20.

TYPE OF MEMBERSHIP/PASS	PRICE
Annual Passes - Family	\$300.00
Annual Passes - Individual	\$120.00
Annual Passes - Non Res. Family	\$780.00
Annual Passes - Non Res. Individual	\$440.00
Aquatic "Wet" Family	\$200.00
Aquatic "Wet" Individual	\$80.00
Fitness "Dry" Family	\$170.00
Fitness "Dry" Individual	\$70.00
Guest Pass - Must Be With A Member	\$10.00
Child Watch Pass - Drop-In	\$5.00
Child Watch Pass - Annual (Resident Only)	\$100.00
Senior Services Pass*	Free
Play Pass "Grape"*** (Resident Only)	\$350.00
Play Pass "Vine"**** (Resident Only)	\$385.00

*Seniors 55+ services during senior hours and designated senior programs

** "GRAPE", The REC, Dove Pool, PG Pool \$400 value

*** "VINE", The REC, Dove Pool, PG Pool & Lake Parks \$435 value

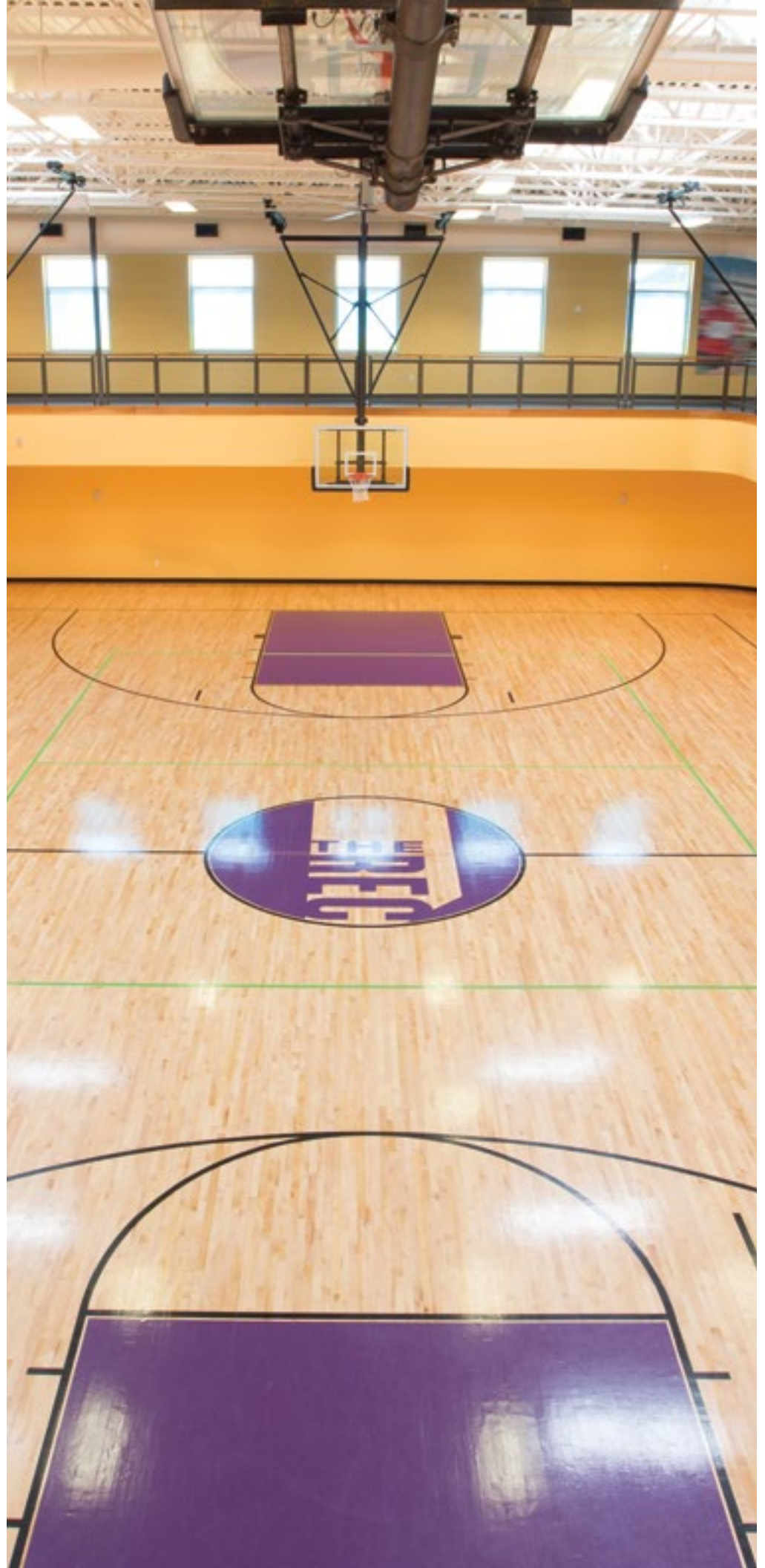


goals
memories
fun
resolutions
play
learning

LET THE BEGIN.

















The Value of Parks and Recreation

Why Parks and Recreation are Essential Public Services

Parks and recreation have three values that make them essential services to communities:

1. Economic value

2. Health and Environmental benefits

3. Social importance

Just as water, sewer, and public safety are considered essential public services, parks are vitally important to establishing and maintaining the quality of life in a community, ensuring the health of families and youth, and contributing to the economic and environmental well-being of a community and a region.

There are no communities that pride themselves on their quality of life, promote themselves as a desirable location for businesses to relocate, or maintain that they are environmental stewards of their natural resources, without such communities having a robust, active system of parks and recreation programs for public use and enjoyment.

ECONOMIC VALUE

- Parks improve the local tax base and increase property values. It is proven that private property values increase the value of privately owned land the closer such land is to parks. This increase in private property value due to the proximity to parks increases property tax revenues and improves local economies.

- A Texas A&M review of 25 studies investigating whether parks and open space contributed positively to the property values of surrounding properties found that 20 of the 25 studies found that property values were higher. "The real estate market consistently demonstrates that many people are willing to pay a larger amount for property located close to parks and open space areas than for a home that does not offer this amenity."

- American Forests, a national conservation organization that promotes forestry, estimates that trees in cities save \$400 billion in storm water retention facility costs.

- Quality parks and recreation are cited as one of the top three reasons that businesses cite in relocation decisions in a number of studies.

- Parks and recreation programs produce a significant portion of operating costs from revenue generated from fees and charges.

- Parks and recreation programs generate revenue directly from fees and charges, but more importantly, provide significant indirect revenues to local and regional economies from sports tournaments and special events such as arts, music, and holiday festivals. Economic activity from hospitality expenditures, tourism, fuel, recreational equipment sales, and many other private sector businesses is of true and sustained value to local and regional economies.

HEALTH AND ENVIRONMENTAL BENEFITS

- Parks are the places that people go to get healthy and stay fit.

- Parks and recreation programs and services contribute to the health of children, youth, adults, and seniors.

- According to studies by the Centers for Disease Control and Prevention, creating, improving and promoting places to be physically active can improve individual and community health and result in a 25 percent increase of residents who exercise at least three times per week.

- A study by Penn State University showed significant correlations to reductions in stress, lowered blood pressure, and perceived physical health to the length of stay in visits to parks.

- Parks and protected public lands are proven to improve water quality, protect groundwater, prevent flooding, improve the quality of the air we breathe, provide vegetative buffers to development, produce habitat for wildlife, and provide a place for children and families to connect with nature and recreate outdoors together.

SOCIAL IMPORTANCE

- Parks are a tangible reflection of the quality of life in a community. They provide identity for citizens and are a major factor in the perception of quality of life in a given community. Parks and recreation services are often cited as one of the most important factors in surveys of how livable communities are.

- Parks provide gathering places for families and social groups, as well as for individuals of all ages and economic status, regardless of their ability to pay for access.

- An ongoing study by the Trust for Public Land shows that over the past decade, voter approval rates for bond measures to acquire parks and conserve open space exceeds 75%. Clearly, the majority of the public views parks as an essential priority for government spending.

- Parks and recreation programs provide places for health and well-being that are accessible by persons of all ages and abilities, especially to those with disabilities.

- In a 2007 survey of Fairfax County, VA, residents of 8 of 10 households rated a quality park system either very important or extremely important to their quality of life.

- Research by the Project on Human Development in Chicago Neighborhoods indicates that community involvement in neighborhood parks is associated with lower levels of crime and vandalism.

- Access to parks and recreation opportunities has been strongly linked to reductions in crime and to reduced juvenile delinquency.

- Parks have a value to communities that transcend the amount of dollars invested or the revenues gained from fees. Parks provide a sense of public pride and cohesion to every community.

— National Recreation and Park Association

For more information on the value and benefits of parks go to www.nrpa.org

Host your next event with us!

ROOM RENTALS:

Enjoy The REC experience by hosting your next event with us! Minimum two (2) hours per rental. Rental cancellation must be made within 14 days to receive full refund.

For additional information on any rental, please contact Michele Friedman at mfriedman@grapevinetexas.gov or at 817.410.3455.	Facility Capacity	Member Hourly Fee	After Hours Member Hourly Fee	Non-Member Hourly Fee	After Hours Non-Member Hourly Fee	2-hour Rental Minimum
THE REC OF GRAPEVINE						
Arts & Crafts Room	40	\$45.00	-	\$55.00	-	Y
Stage/Classroom	40	\$45.00	-	\$55.00	-	Y
Conference Room	20	\$45.00	-	\$55.00	-	Y
Dance Room	30	\$45.00	-	\$55.00	-	Y
Exercise Studio A	50	\$55.00	-	\$65.00	-	Y
Exercise Studio B	30	\$45.00	-	\$55.00	-	Y
Exercise Studio C	30	\$45.00	-	\$55.00	-	Y
Basketball Court*	1/2 Court	\$55.00	-	\$65.00	-	-
*After-hour court rental includes both courts.	Full Court	\$100.00	\$125.00	\$110.00	\$175.00	Y
The REC - Dry (includes racquetball courts, basketball gyms and gameroom)	200	-	\$250.00	-	\$300.00	Y
The REC - Dry/Wet* (includes the above plus pool area)	300	-	\$500.00	-	\$550.00	Y
*For each additional 50 guests, a \$25 hourly fee will be charged.						
Events Hall B	90	\$75.00	-	\$100.00	-	Y
Events Hall A and Kitchen	90	\$100.00	-	\$125.00	-	Y
Events Halls A & B, Kitchen and Stage	200	\$200.00	\$250.00	\$250.00	\$300.00	Y
Indoor Party Rentals	Persons	Party Fee	*Additional Information			
Private Pool Party Rental Times: Fri & Sat: 6:30-8:30 PM						
Private Pool Party	75	\$400.00	Party Rooms A & B, Outside food allowed in party rooms only; Any parties larger than 150 guests must call coordinator for pricing.			
Private Pool Party	150	\$600.00				
Open Swim Party*	16	\$175.00	Party room, 1 hr in pool, 1 assistant to help set/up and clean up; Outside food allowed in party room only; Parent must accompany children 9 and under in the water. Maximum of 24 party participants.			
Party Rental Times: (School Year) Fri: 4:00-6:00 PM; Sat: 11:00 AM-1:00 PM, 1:30-3:30 PM, 4:00-6:00 PM; Sun: 1:30-3:30 PM, 4:00-6:00 PM (Summer) Mon-Fri: 11:00AM-1:00 PM, 1:30-3:30 PM, 4:00-6:00 PM; Sat: 11:00 AM-1:00 PM, 1:30-3:30 PM, 4:00-6:00 PM; Sun: 1:30-3:30 PM, 4:00-6:00 PM						
Indoor Play Party*	16	\$150.00	Party room, 1 hr in indoor play structure OR gym, 1 assistant to help set/up and clean up; Outside food allowed in party room only. Maximum of 24 party participants.			
*For each additional guest, a \$10 fee per person will be charged; max 24 guests.						

Rent a Park Facility

Grapevine residents and non-residents may reserve outdoor pavilions at Parr Park, Dove Park, Bear Creek Park and Pickering Park. Trawick, Jackson and Meadowmere Park Pavilions are on Lake Grapevine and accommodate large parties.

For indoor facilities, the Bessie Mitchell Meeting Facility and Merlot Community Rooms are available for Grapevine residents and businesses only.

For information on these facilities, please call 817.410.3470.

Prices are as follows:

Weddings at Botanical Gardens

\$400/3 hrs (Grapevine residents only)

Grapevine residents (only) may reserve their wedding at the Botanical Gardens in Heritage Park. For more information, please call 817.410.3470.

SMALL PARK PAVILIONS

Dove Park Pavilion – North

(residents) \$30/3 hrs (\$10 each additional hr)

(non-residents) \$40/3 hrs (\$15 each additional hr)

Heritage Park Pavilion

(residents) \$30/3 hrs (\$10 each additional hr)

(non-residents) \$40/3 hrs (\$15 each additional hr)

Bear Creek Pavilion

(residents) \$30/3 hrs (\$10 each additional hr)

(non-residents) \$40/3 hrs (\$15 each additional hr)

Parr Park Playground Pavilion

(residents) \$45/3 hrs (\$15 each additional hr)

(non-residents) \$60/3 hrs (\$20 each additional hr)

Parr Park Sprayground Pavilion

(residents) \$45/ 3hrs (\$15 each additional hr)

(non-residents) \$60/3 hrs (\$20 each additional hr)

LARGE PARK PAVILIONS

Parr Park Pavilion

(residents) \$100/3 hrs (\$20 each additional hr)

(non-residents) \$150/3 hrs (\$25 each additional hr)

Pickering Park Pavilion

(residents) \$100/3 hrs (\$20 each additional hr)

(non-residents) \$150/3 hrs (\$25 each additional hr)

Casey's Clubhouse Pavilion

North or South Cabana

(residents) \$45 or \$90 for both/exclusive use

(non-residents) \$60 or \$120 for both/exclusive use

Time Slots: 8:00-11:00 AM, 12:00-3:00 PM, 4:00-7:00 PM

LAKE PARKS PAVILIONS

Trawick Pavilion

(Grapevine residents) \$350/day

(non-residents Mon-Thur) \$350/day

(non-residents Fri, Sat, Sun) \$390/day

Jackson Pavilion

(Grapevine residents) \$350/day

(non-residents Mon-Thur) \$350/day

(non-residents Fri, Sat, Sun) \$390/day

For the Jackson, Trawick and Meadowmere Pavilions, all paid reservations canceled prior to 14 days from date of event will have a \$25 cancellation fee. Any cancellations within 14 days of the rental will have a \$100 cancellation fee. This is a cancellation for any reason, including weather. Rain checks accepted. Call for holiday rates.

Meadowmere Park Pavilion

Mar 1-Sept 30 Rates

(Grapevine residents) \$275/day

(non-residents) \$325/day

Please call 817.410.3470 for AM and PM Rates.

For the Vineyards Campgrounds & Cabins reservations, please call 817.329.8993.

INDOOR RENTAL FACILITIES

Bessie Mitchell Facility

\$100/2 hr (Grapevine residents only)*

\$50 each additional hr

Merlot Community Room

\$100/2 hr (Grapevine residents only)*

\$50 each additional hr

*Rates subject to change.

For more information regarding rental facilities, please visit playgrapevinereg.com or call 817.410.3470.

POOL HOURS

MONDAY-THURSDAY

5:00 AM-8:00 AM Self Directed Fitness*
8:00 AM-11:00 AM Fitness & Programs*
11:00 AM-4:00 PM Self Directed Fitness*
4:00 PM-8:00 PM Open Swim and Slides

FRIDAY

5:00 AM-8:00 AM Self Directed Fitness*
8:00 AM-11:00 AM Fitness & Programs*
11:00 AM-4:00 PM Self Directed Fitness*
4:00 PM-6:00 PM Open Swim and Slides

SATURDAY

7:00 AM-11:00 AM Self Directed Fitness*
11:00 AM-6:00 PM Open Swim and Slides

SUNDAY

12:00 PM-6:00 PM Open Swim and Slides

PLEASE NOTE:

- *Self directed fitness is for ages 16 and up.
- *Lap lanes are available unless a program is using lanes.
- *Due to programs some areas and amenities may be closed.



POOL & PARTY ROOM RENTALS

Open Swim Party • Fee: \$175

Includes: Party Room A or B, Pool Passes for up to 16 guests (\$10 for additional party participant).
Max of 24 party participants.

Fri: 4:00-6:00 PM

Sat: 11:00 AM-1:00 PM, 1:30-3:30 PM, 4:00-6:00 PM

Sun: 1:30-3:30 PM, 4:00-6:00 PM

Private Pool Party

Fee: \$400 (75 max) or \$600 (150 Max)

Includes: Party Room A and B. Parties larger than 150 guests will need to call the party coordinator for pricing and availability.

Fri: 6:30-8:30 PM • Sat: 6:30-8:30 PM

Private Pool Parties MUST be made at least 2 weeks in advance. Every person entering facility area is counted. Pool is cleared 15 minutes before end time.

PLEASE NOTE:

- All parties must be paid at time of reservation.
- Children under age 9 MUST be accompanied by an adult (over age 16).
- Height requirement for Tower Slides is 42 inches.
- Additional party participants must be paid for 15 minutes prior to end of party.
- Flotation devices must be US Coast Guard approved.



Rescue Us! Join the Aquatics Team!

Lifeguards • Swim Lesson Instructors • Swim Lesson Aides

Apply NOW at grapevinetexas.gov

Certification Class Information 817.410.3461

American Red Cross Lifeguard Certification

Interested in a great job or challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Class is in blended learning format with a combination of online and classroom skills. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course.

Females must wear a 1 piece swimsuit.

Prerequisites:

Minimum age of 15 years old.

1. 300 yard swim without stopping, in the following order, 100 freestyle, 100 breaststroke, and 100 of your choice.

2. Tread water for 2 minutes without support and without stopping while your head remains above the surface. When treading, only the legs can be used.

3. Starting in the water, swim 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim to the starting point.

Must complete all prerequisite skills on the first class day.

Site: The REC Pool

Fee: \$200

Dates/Times/Code:

Dec 28-31 9:00 AM-5:00 PM 523000-12

Mar 14-18 9:00 AM-5:00 PM 523000-03

off site deep water training facility time/date TBA

American Red Cross Water Safety Instructor (WSI) Certification

Learn to teach all ages to swim and give water safety presentations. It's a fun and meaningful job that is in high demand. Plus, once certified, you can apply to work with the City of Grapevine in our Learn to Swim Program as a Swim Lesson Instructor.

Females must wear a 1 piece swimsuit.

Prerequisites:

Minimum age of 16 years old.

1. Demonstrate proficiency in six strokes: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke and butterfly - 25 yards per stroke.

2. Tread water for 1 minute

Site: The REC Pool

Fee: \$200

Dates/Times/Code:

Oct 19-23 4:30 PM-8:30 PM 523000-10

Mar 14-18 12:00 PM-4:00 PM 523000-04

Swim Lesson Aide (SLA) Certification

A training experience designed to prepare advanced swimmers to assist an Instructor with a class.

Candidates will focus on strokes, skills, administrative duties, proper equipment usage. For certification, each student must be 10 years old, pass a swim test and complete volunteer teaching assignments. After receiving certification, those ages 12 and up are eligible to volunteer. Those 15 and older may apply for employment.

Females must wear a 1 piece swimsuit.

Site: The REC Pool

Fee: \$45 Member, \$55 Non Member

Dates/Times/Code:

Sept 29-30 5:30 PM-7:30 PM 523100-09

Dec 1-2 5:30 PM-7:30 PM 523100-12



LEARN-TO-SWIM PROGRAM

Observation Policy

To ensure your child success and limit distractions, parents and visitors are required to stay in the designated seating area.

Cancellation and Transfer Policy

Due to the high demand for roster spots and scheduling issues, any cancellations or transfers not initiated by Grapevine Aquatics or an instructor will be assessed an \$8 fee. No transfers or cancellations one week before class begins for ALL classes. Classes are Tuesday and Thursday only unless noted.

Weather Policy

Pool will be cleared for inclement weather. If 20 minutes of class has been completed, then class counts as completed; if less than 20 minutes, then a prorated refund will be issued for class.

Swim Lesson Wait List

If the class is full; please ask to be added to the wait list. There is no fee for waitlist registrations. We will contact you if a spot opens up in the class.

LEARN TO SWIM OFFICE: 817.410.3461

Group Lessons

Tue/Thu for 4 wks | 8 classes total

Member: \$45

Non-Member: \$55

Class info: Course descriptions below are skills a participant must master prior to the end of a session to receive certification for that level. Classes are Tue/Thu for 30 min. each day. In order for class to "make" a minimum of four participants are required.

Min: 4 Max: 6 1:6 max ratio

Semi-Private Lessons

Tue/Thu for 4 wks | 8 classes total

Member: \$70

Non-Member: \$85

Semi- Private Lessons: Smaller class size will allow your child to progress at a faster pace and get more individual attention. Minimum class size: 2 children. Classes are Tue/Thu for 30 min. each day. In order for class to "make" a minimum of two participants are required.

Min: 2 Max: 3 1:3 max ratio

Private Lessons

Tue/Thu for 2 weeks | 4 classes total

Member: \$100

Non-Member: \$120

Private Lessons: Receive one-on-one attention to enhance instruction of swimming skills for your child. Four classes are held Tue/Thu for 30 min. each day. Private lessons are held at the pools during regular lesson times. See the class schedule on page 21.

1 student and 1 instructor

Water Babies

(2 weeks, Tue/Thu or 4 Saturdays)

Ages: 0-35 months

Introduces infants, toddlers and their parents to basic water adjustment and safety through repetitive key words, actions and skills. Playful learning has been proven to produce positive experiences in the water and builds self-confidence.

2 adults per child max.

- Bubbles and going under
- Entering/exiting the pool safely
- Parent holding positions
- Floats, kicks and arm strokes

Fee: \$25 Member, \$35 Non-member

Semi-Private Water Tots

Ages: 18-35 months

This class is designed for children already comfortable in the water, ready to transition to a group setting, and comfortable being away from parents for 30 minutes. Small class size will use games and songs to build skills while focusing on safety. Parents are not allowed to accompany child to class or in the water.

Offered as a Semi Private Lesson only.

Fee: \$70 Member, \$80 Non-member

Semi Private Fearless Fish

Ages: 3-5 years

For children who feel anxious about the water and those afraid of water. This class is designed to give students special attention to help overcome their apprehension. Less focus on skills, more encouragement to have fun in the water. Fee: \$70 Member, \$80 Non-member

Water Bugs I (3-5 yrs)

All skills are done with support.

- Water adjustment
- Fully submerge face
- Floats and kicks
- Bubbles

Water Bugs II (3-5 yrs)

Children are encouraged to work independently.

- Breath control
- Flutter kick
- Glides
- Push off side and swim

Tadpole (Level 1) Intro to Swim Skills (Starting at 4 yrs)

- Flutter kick 5 feet
- Front and back glide 5 feet
- Front float 5 seconds

Guppy (Level 2) Basic Swim Skills (5 and up)

- Front glide 10 feet
- Back glide 10 feet
- Swim front crawl 10 feet

Minnow (Level 3) Intermediate Swim Skills (6-7 years)

- Front crawl 15 yards with side breathing
- Backstroke 15 yards
- Breaststroke kick 15 yards

Dolphin (Level 4) Advanced Swim Skills (7-8 years)

- Freestyle 25 yards
- Backstroke 15 yards
- Breaststroke 15 yards
- Butterfly 15 yards

WATER BABIES	Sept 1-10	Sept 15-24	Oct 6-15	Oct 20-29	Nov 3-12	Nov 17-Dec 3*
Classes are Tue/Thu for 2 weeks	9:00 AM Code: 530900		10:10 AM	10:10 AM	9:00 AM	
			530101	530101	530900	
	7:20 PM Code: 530720		6:10 PM			
			530610			
*NO CLASSES November 24 or 26. Classes finish on December 3.						

WATER BABIES	Sept 5, 12, 19, 26	Oct 3, 10, 17, 24	Nov 7, 14, 21, Dec 5*
Classes are Saturdays for 4 weeks	9:00 AM Code: 530900	9:00 AM 530900	9:00 AM 530900
*NO CLASSES November 28. Classes finish on December 5.			

CLASS LEVEL	Sept 1-24 Tue/Thur • Session 9	Oct 6-29 Tue/Thur • Session 10	Nov 3-Dec 3* Tue/Thur • Session 11
Semi Private Water Tots	9:35 AM Code: 538935	9:00 AM Code: 538900	5:35 PM Code: 538900
Semi Private Preschool	10:10 AM Code: 539101 5:00 PM Code: 539500	6:45 PM Code: 539645	6:10 PM Code: 539610
Semi Private Fearless Fish		5:35 PM Code: 536535	9:35 AM Code: 536935 7:20 PM Code: 536720
Semi Private Level 1	5:00 PM Code: 531500	9:35 AM Code: 531935	10:10 AM Code: 531101
Semi Private Level 2	5:35 PM Code: 532535	7:20 PM Code: 532720	5:00 PM Code: 532500
Semi Private Level 3	6:10 PM Code: 533610	5:35 PM Code: 533535	7:20 PM Code: 533720
Semi Private Level 4	6:45 PM Code: 534610	7:20 PM Code: 534720	5:35 PM Code: 534535
Group Water Bug 1	5:35 PM Code: 534645	6:10 PM Code: 539061	
Group Water Bug 2		5:00 PM Code: 538050	6:45 PM Code: 538064
Group Level 1	6:10 PM Code: 531061	6:45 PM Code: 531064	6:45 PM Code: 531064
Group Level 2	6:45 PM Code: 532064		6:10 PM Code: 532061
*NO CLASSES November 24 or 26. Classes finish on December 3.			

PRIVATE LESSONS	Sept 1-10	Sept 15-24	Oct 6-15	Oct 20-29	Nov 3-12	Nov 17-Dec 3*
Classes are Tue/Thu for 2 weeks		9:00 AM Code: 530900	5:00 PM Code: 503500	5:00 PM Code: 503500		9:00 AM 530900
		7:20 PM Code: 503720		6:10 PM Code: 503610		
*NO CLASSES November 24 or 26. Classes finish on December 3.						

PRIVATE LESSONS	Sept 5, 12, 19, 26	Oct 3, 10, 17, 24	Nov 7, 14, 21, Dec 5*
Classes are Saturdays for 4 weeks	9:35 AM Code: 500935 10:10 AM Code: 500101	9:35 AM Code: 500935 10:10 AM Code: 500101	9:35 AM Code: 500935 10:10 AM Code: 500101
*NO CLASSES November 28. Classes finish on December 5.			

AQUATICS FITNESS

There is a \$5 discount off the total fees if you sign up for more than one class. No "drop-in" or "day" rates.

H2O Fit and Aqua Pilates

Using the resistance of water doing intervals and strength training. Increase flexibility and range of motion, lean body mass and metabolic rate with pilates moves in an aquatic environment using pool noodles, water weights and pool wall.

Site: REC Pool

Fee: \$45 Member, \$55 Non Member

Dates/Times/Code:

Sept (Tue/Thu)	10:00-10:50 AM	506100-09
Sept (Mon/Wed)	7:00-7:50 PM	506700-09
Oct (Tue/Thu)	10:00-10:50 AM	506100-10
Oct (Mon/Wed)	7:00-7:50 PM	506700-10
Nov (Tue/Thu)	10:00-10:50 AM	506100-11
Nov (Mon/Wed)	7:00-7:50 PM	506700-11

Aqua Tabata

Latest trend in fitness, high intensity intervals training with Tabata format transitioned in to the water, minimal choreography, maximum results.

Site: REC Pool

Fee: \$45 Member, \$55 Non Member

Dates/Times/Code:

Sept (Mon/Wed)	6:00-6:50 PM	507700-09
Oct (Mon/Wed)	6:00-6:50 PM	507700-10
Nov (Mon/Wed)	6:00-6:50 PM	507700-11

River Aerobics—Saturdays Only

Take advantage of our indoor river that is anything but lazy. Build cardio strength and increase endurance as you use your muscles to go with and against the current. This class will challenge you with intervals and resistance equipment.

Site: REC Pool

Fee: \$30 Member, \$40 Non Member

Dates/Times/Code:

Sept (Sat)	10:00-10:50 AM	506701-09
Oct (Sat)	10:00-10:50 AM	506701-10
Nov (Sat)	10:00-10:50 AM	506701-11

STROKE CLINICS

Streamline Adult Freestyle Swim Clinic (15 & up)

A progression-based freestyle course for adults who aspire to learn a more effortless and efficient freestyle stroke—swimming faster with less energy input. Above the water video will be used to enhance the learning process. This course is suitable for almost any level of swimmer, from beginner to experienced. Prerequisite: Comfortable swimming 25 yds of freestyle.

Instructor: Marieke Roberts

marieke@besmarterthanthewater.com

Fee: \$79 Member, \$89 for Non Member

Sept (Sat)	5:00-5:50 PM	503500-09
Oct (Sat)	5:00-5:50 PM	503500-10
Nov (Sat)	5:00-5:50 PM	503500-11

Streamline Swim Clinic (7-12 yrs)

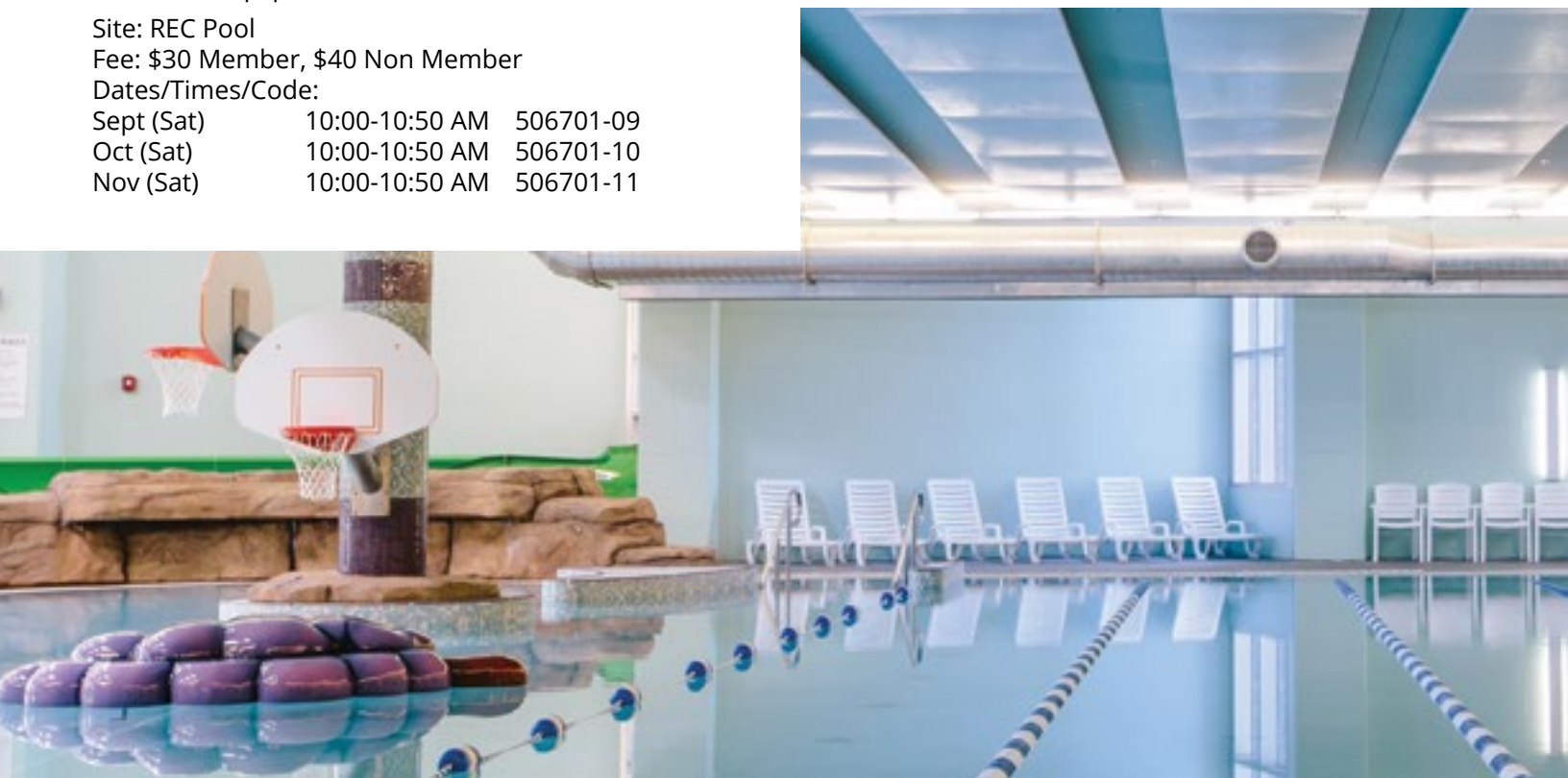
Progression-based technique clinics designed for strong swimmers including competitive swimmers (TAAF, YMCA, High School, etc.). Above and under water video will be used to enhance the learning process. You can choose to participate in stroke technique clinics (working on refining strokes) or turn clinics (working on streamline, dolphin kick and teaching the competitive turns) or sign up for both! Prerequisite: Ability to swim 25 yds of freestyle, backstroke and breaststroke without stopping.

Instructor: Marieke Roberts

marieke@besmarterthanthewater.com

Fee: \$59 Member, \$69 for Non Member

Sept (Sat)	7:00-7:50 AM	503501-09
Oct (Sat)	7:00-7:50 AM	503501-10



AQUATICS SPECIAL EVENTS

Spooktacular Swim

Saturday Oct 17 • 6:30-8:30 PM

Members—Free

Non Members—\$5

Code 520000-10

Swim with Santa

Saturday Dec 5 • 6:30-8:30 PM

Members—Free

Non Members—\$5

Code 520000-12

Toddler Splash Time

Mondays, Wednesdays, Fridays • 10:00 AM-12:00 PM

Members—Free

Non Members—\$10 Daily Pass

Starting Sept 2.

A special morning time just for toddlers to use the kiddie pool area. Ages 0-5 years. A parent must accompany the child. Only the kiddie pool will be open for children.





FITNESS

Personal Training

Experience a new exercise program that will take your fitness to the next level! Contact the Grapevine REC's staff of certified personal fitness trainers, then select a personal training package and save!

½ Hour Sessions- \$35

½ Hour Semi-Private Sessions- \$50 (price based on two people)

Personal Training Packages

Five, 30-minute sessions for \$170 (save \$5)

Ten, 30-minute sessions for \$330 (save \$20)

Fifteen, 30-minute sessions for \$465 (save \$60)

Twenty, 30-minute sessions for \$600 (save \$100)

Five semi-private sessions for \$245 (save \$5)

Ten semi-private sessions for \$480 (save \$20)

Fifteen semi-private sessions for \$675 (save \$75)

Twenty semi-private sessions for \$860 (save \$140)

To schedule your appointment with a personal trainer, contact Kelsey Benford at 817.410.3456.

COLEMAN COMPLETE FITNESS

Coleman Small Group Training - **NEW**

Prices are per person and must be paid for, in full
Small group training pricing and scheduling is
3-4 for people who will train together.

10 Sessions: \$240

15 Sessions: \$355

20 Sessions: \$470

Coleman Cross Training

This class targets your entire body and is an excellent program for those who want to begin a workout routine or for those that want to be challenged. Larry will use his experience as a Master Fitness Specialist to take you through the latest exercises in the world of fitness, keeping your workouts fresh and your body feeling exhilarated.

Ages: 13 yrs & up

Days / Time: Mon, Wed, Fri / 9:00-9:45 AM

Code: 706222

Fees: \$100/mo

Instructor: Larry Coleman, Ci- MFS

Camp Coleman

Join us for a fitness boot camp unlike any you've experienced. Camp Coleman combines circuit training with cardio, weights, and ab work in one intense workout to help you reach and maintain your fitness goals. Whether your goal is to lose weight, tone, or just become more confident, this program is for you! Classes are fun, energizing, and diverse, and include a free initial and post boot camp assessment.

Ages: 13 yrs & up

Days / Time: Mon, Wed, Fri / 5:45-6:15 AM

Code: 706203

Fees: \$100/mo

Instructor: Larry Coleman, Ci- MFS

Functional Yoga - **NEW**

This class is a Hatha Yoga style class that focuses on strength, flexibility, breathing, balance, concentration and relaxation. Participants will see improved sports performance as well as their ability to do activities of daily living. Beginning to intermediate level.

Ages: 13 yrs & up

Days / Time: Mon, Wed / 5:30-6:30 PM

Code: 706807

Fees: 2 classes/week: \$45, 3 classes/week: \$55

Unlimited / 706810 / \$75/month

Saturday Only: 8:30-9:30 AM / 706806 / \$20

Instructor: Mary Cunningham

Lunchbreak Yoga - **NEW**

Take a break from your day and spend lunch gaining strength and flexibility! Mondays and Wednesdays we will push ourselves to the next level and Fridays we will reward ourselves with a wonderful restorative style Yoga class! Beginning to Intermediate Levels.

Ages: 13 yrs & up

Days / Time: Mon, Wed, Fri / 12:00-12:50 PM

Code: 706808

Fees: \$55/month

The REC members receive a \$10 discount per class



Jazzercise® Dance Fitness

You want that look good, feel great, got-my-stride-on-and-you-love-it confidence. That's where we come in. Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Incinerate up to 800cph (that's calories per hour) in one 60 minute class. Expect to feel results after 3 classes and expect to stick with it. Why? Because it works. So stop working out. Start working it...with Jazzercise. For more information, please contact Missy at 817.269.6477.

Days / Time:

Mon, Wed,	8:10 AM	9:15 AM	6:00 PM	7:00 PM
Tue, Thur		9:15 AM	6:00 PM	
Fri,	8:10 AM	9:15 AM		
Sat:	8:10 AM	9:15 AM		

Fees:

12 month: Monthly Price-\$39 • Joining Fee-\$30
6 month: Monthly Price-\$43 • Joining Fee-\$40

Personal Touch

Personal Touch is a program designed by Jazzercise to carry your fitness needs one step further. Personal Touch is an extended program to build muscle tone, strong bones and healthier eating habits. Each class concentrates on muscle building, nutrition and proper strength training techniques to help you lose inches and pounds. No aerobics involved. Open to non-jazzercise students.

Ages: 16 yrs & up

Day / Time / Code / Fee:

Tue / 7:00-7:50 PM / 706218 / \$50/mo
Thur / 7:00-7:50 PM / 706506 / \$50/mo
Tue & Thur / 7:00-7:50 PM / 706221 / \$77

Instructor: Missy Hill

For more information, please contact Missy at 817.269.6477.

Email: grapevinejazz@verizon.net

Facebook: facebook.com/grapevinejazzercise

Website: jcls.jazzercise.com/facility/jazzercise-grapevine-community-center

Insanity

From the DVDs to your gym!! The revolutionary, cardio-based, total body-conditioning program is here! This calorie torching, shirt-soaking workout is based on the principles of MAX Interval Training, and you'll be ripping through the most heart-pumping, muscle shredding, sweat dripping, high-intensity cardio workout ever. It is designed to provide you a safe, challenging and results driven workout with no equipment necessary. Each move has a modification which makes this workout for anyone at any fitness level! Find out what you're really made of.

Ages: 16 yrs & up

Day / Time / Code:

Tue, Thur / 9:45-10:30 AM / 706310

Fees: \$66/mo

Instructor: Karla Acord, Certified Insanity Instructor

Zumba

The Original Dance-Fitness Party! Are you ready to party yourself into shape? Forget the workout and lose yourself in the music at the original dance-fitness party. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective, and totally exhilarating.

Ages: 18 & up

Days / Time / Codes:

Mon, Wed / 7:00-8:00 PM / 706601

Tue, Thur / 9:00-10:00 AM / 706606

Sat / 10:15-11:15 AM / 706706

Unlimited / 706400

Fees: \$35 for 1 class/week, \$55 for 2 classes/week

\$85 for Unlimited

Instructor: Samantha Olson, Zumba Certified



Gladiator Fitness Camps

Camp Gladiator is an adult fitness camp that promises an intense, motivating and challenging environment where men and women of all ages and fitness levels can push themselves. Participants may attend ANY and ALL times for one low price. For more information and to register, visit campgladiator.com

Ages: 15 and up

Location: Pickering Park
Days / Time: M, W, F / 9:15-10:15 AM
Instructor: Janet Fuller
janetfuller@campgladiator.com

Location: Parr Park
Days / Time: M, W, F / 8:30-9:30 AM
Instructor: Missy Cheatham
missycheatham@campgladiator.com

Location: Dove Park
Days / Time: Tue, Thur / 9:00-10:00 AM
Instructor: Cassie Canales
cassiecanales@campgladiator.com
Additional times/locations available on website.

Stroller Strides/Stroller Barre

Stroller Strides is a stroller-based fitness program designed for moms with little ones. Stroller Barre is a unique blend of Pilates, barre and yoga stroller-based workout for moms. Babies have fun as we entertain them with songs and games. Pregnant and new moms (6 weeks postpartum) are welcome!

Ages: 18 and up
Location: Parr Park, 3010 Parr Lane
Days / Time:
Stroller Strides: M,W,F • 9:15 AM
Stroller Barre: Wed • 9:30 AM

Additional Info: For more information, contact Farrah Agado at 682-651-7895 or at farrahagado@fit4mom.com.

Get Fit LIVE - NEW

Come join us for a great overall workout! Using cardio and bodywork combos, we start where you are and take you where you want to be.

Ages: 16 yrs & up
Days: Mon & Fri / 8:30-9:15 PM
Fee: \$45/mo
Code: 706205
Instructor: Patrece Coblentz, ACSM

Group X

From free-style with free weights to Tabata and HIIT, Group X mixes hard work and fun with a sense of community as you start where you are, getting fit and staying fit.

Ages: 15 yrs & up
Days: Mon & Thur / 6:00-6:45 PM
Fee: \$30 for 4 classes, \$50 for 8 classes
Code: 706255
Instructor: Patrece Coblentz, ACSM

Happy Movements Therapeutic Yoga

Discover the power of going back to the basics as you move, breathe, and meditate to music. Join us or this slow-paced class that combines yoga with therapeutic exercises and progresses from week to week. Perfect for those new to yoga or someone looking for a less intense class. Register for Tuesday, Saturday or both (See Unlimited Therapeutic Yoga). Visit HappyMovements.com for more information.

Ages: 18 yrs & up
Day / Time / Code:
Tue / 6:15-7:15 PM / 706303 / \$50/mo
Sat / 11:45 AM-12:45 PM / 706507 / \$50/mo
No class Sept. 1-5
Instructor: Natasha Carter, LAT, ATC, CYT

Yoga Flow

Practiced to soothing music, this fun flow using breath-synchronized movement is a favorite; beginning with warm up poses to loosen and stretch the body and finishing with cool down poses that release the muscles allowing for a deep relaxation in Savasana at the end of class. Yoga will not only build strength, flexibility and relaxation, but is healing to the body and mind as well. No experience necessary; class is designed to give options for all levels.

Ages: 16 yrs and up
Days/Time: Tue/Thur 8:30-9:30 AM
Fee: \$50
Code: 706809
Instructor: Lynne Clem
Lynne@YogaInDFW.com

Youth Weight Training with Neal - NEW!

This 30-minute class will incorporate weights and cardio interval training in a manner that will improve strength, endurance, and confidence in their abilities to be self-sufficient in a gym with a variety of exercises. Neal will keep a keen eye on form, understanding that it is hugely important to learn proper form as early as possible. Neal was a high school and college athlete, so he understands the rigors those impose and will make sure the class has carryover into athletics.

Ages: 13 yrs & up
Day / Time: Mon 4:30-5:00PM
Fees: \$50/mo
Code: 706226
Instructor: Neal Smith, CPT

Pilates I

Anyone can do Pilates and achieve amazing results. Pilates offers an effective method of cross-training that can enhance your performance in sports activities and all other workouts. This class incorporates Pilates mat and floor barre exercises that will strengthen your core muscles and help you tone your body, flatten your abs and increase your flexibility, balance and stamina. Pilates I will revitalize you and transform the way your body looks, feels and performs!

Ages: 13 yrs & up
Days / Time: Mon and/or Thur
5:10-5:40 PM
Session / Fee: \$50/mo for 8 classes/mo
\$32/mo for 4 classes/mo
Code: 706204
Instructor: Wendy Dolan

Pilates II – Strength & Core

Shape & tone your muscles and core: With music pumping, this energizing 30-minute class fuses intermediate Pilates sculpting exercises with upper body strength training. This class will leave you feeling invigorated!

Ages: 13 yrs & up
Days / Time: Wed / 5:10-5:40 PM
Session / Fee: \$32/mo for 4 classes/mo
Code: 706403
Instructor: Wendy Dolan

Lunchtime Cycling - NEW!

Use your lunch break to get in shape! Build cardiovascular endurance, blast calories and build muscular strength. All levels are welcome.

Ages: 16 yrs & up

Days / Time: Fri, 12:00-12:45 PM

Fees: \$38/mo for 4 classes/mo

Code: 706806

Instructor: Wendy Dolan

POUND class for Kids! - NEW!

This class combines lightly-weighted, bright green drumsticks, with constant simulated drumming, to create a fun, easy-to-follow class. For more information about POUND, please visit www.poundfit.com.

Ages: 8 yrs & up

Days / Time: Tue, 6:15-6:45 PM

Fees: \$32/mo for 4 classes/mo

Code: 706307

Instructor: Wendy Dolan

Pilates Sculpt Express

Pressed for time? This quick 15-minute sculpting class focuses on strengthening and toning your upper body while engaging your core. Experts say weight-bearing exercise staves off the risk of osteoporosis, boosts your immune system and helps fast-track weight loss. 15 Minute Sculpt Express: Efficient and Effective!

Ages: 13 yrs & up

Days / Time: Mon and/or Thur

5:45-6:00 PM

Fees: \$40/mo for 8 classes/mo

\$30/mo for 4 classes/mo

Codes: Mon / 706223, Thur / 706608

Unlimited / 706610, 2 classes/week

Monthly

Instructor: Wendy Dolan

CYCLELATES

The perfect blend: Cycling and Pilates. Flatten your abs, build core strength and increase flexibility with Pilates mat exercises. Burn lots of calories, get lean and build cardiovascular strength with indoor cycling. Cyclelates incorporates 25 minutes of Pilates followed by 25 minutes of cycling, to challenge all fitness levels. Core and Cardio: Get it all accomplished in just one workout!

Ages: 16 yrs & up

Days / Time: Mon / 6:45-7:45 PM

Fees: \$42/mo for 4 classes/mo

Code: 706251

Instructor: Wendy Dolan

POUND. rockout. workout.

This fun, easy-to-follow, cardio jam session combines light resistance, and constant simulated drumming, with Pilates, plyometrics and isometrics. Using lightly weighted drumsticks, turn into a calorie-torching drummer, sculpting infrequently used muscles. Bust calories and stress, strengthen and sculpt your arms, abs, thighs and glutes and drum your way to a leaner physique!

Ages: 12 yrs & up

Days / Time: Tue / 5:30-6:15 PM

Fees: \$35/mo for 4 classes/mo

Code: 706306

Instructor: Wendy Dolan

Cycle Fusion

Take the incredibly effective, calorie-busting workout of cycling and fuse it with total body conditioning to create an amazing cross-training experience!

Ages: 16 yrs & up

Days / Time: Wed / 6:00-6:50 PM

Fees: \$50/mo for 4 classes/mo

Code: 706308

Instructor: Wendy Dolan

Beginner Cycling - NEW!

If you've always wanted to try an indoor cycling class, this 20-minute beginner class is for you! Beginner Cycling is particularly for those who want a basic introduction to indoor cycling. You'll select your own personal intensity level through body position and bike tension and ride at your own pace. Cycling is an effective, low impact way to build cardiovascular strength, burn calories, de-stress and have fun!

Ages: 13 yrs & up

Days / Time: Mon / 6:10-6:30 PM

Fees: \$26/mo for 4 classes/mo

Code: 706225

Instructor: Wendy Dolan

Saturday Morning Cycling - NEW

Rise and shine with this high energy workout to start your weekend! Nothing beats a cycling class for a low-impact, invigorating, calorie-crushing workout. With the lights off, fans blowing and music rockin', this class is the perfect way to get strong and lean and build cardiovascular endurance. Get in, get sweaty and get on with your day!

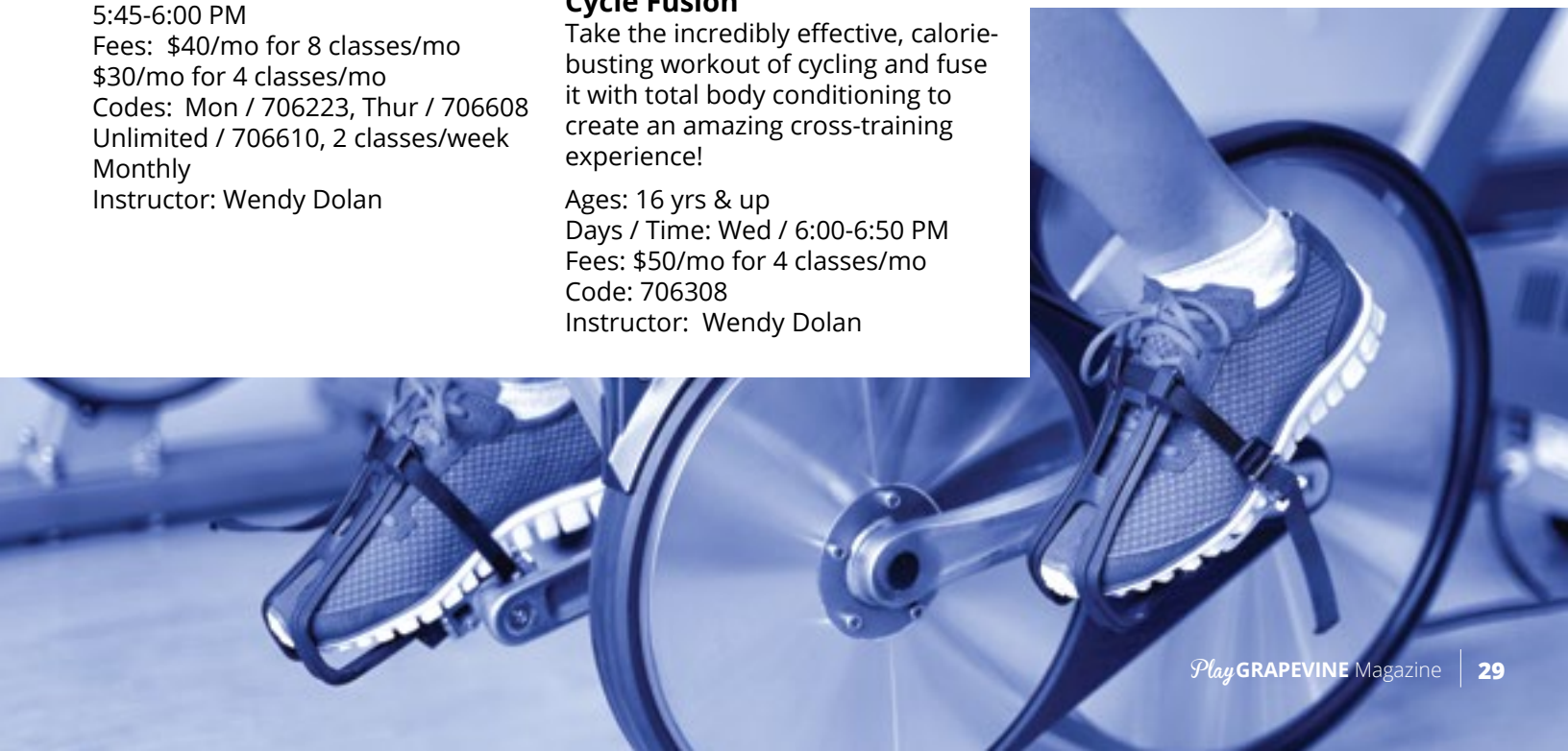
Ages: 16 yrs & up

Days/Time: Sat., 8:00-8:50 AM

Fees: \$40/mo for 4 classes/mo

Code: 706616

Instructor: Wendy Dolan



Kali-4-Kids

Kali-4-Kids is a system rooted deep in the history of the indigenous cultural art of the Phillipines, and designed to disguise the practical application of the combative art Pekiti Tirsia. Students of Kali-4-Kids will learn confidence in themselves, respect for others and self-Discipline. The program teaches effective empty hand self-defense, combative stick fighting, leadership, motor skills and muscle memory, immensely improved hand eye coordination, goal setting and overcoming challenges. Instructors Eric Goodson and Andrea Walters train and are certified under Master Apolo Ladra and Mr. Chris Nott. This is a Kali program under the authority of Grand Tuhon Leo T Gaje Jr.

Ages, Fees: 3-12, \$65
Day/Time: Mondays/5-6PM
Code:706713

Combo Classes:

Fee: \$95

Day/Time: Monday/5-6PM

Beginning Kids Karate & Kali 4 Kids • Code: 706715

Advanced Kids Karate & Kali 4 Kids • Code: 706716

Beginner Lil Legends & Kali 4 Kids • Code: 706718

Advanced Lil Legends & Kali 4 Kids • Code: 706719

Kali Combat

Kali Combat is a strictly combat-oriented system derived from the Filipino martial art Pekiti-Tirsia Kali. It is a fighting system that focuses on the knife, single stick, double stick, and empty hand. You will learn effective self-defense, hand eye coordination, motor skills, muscle memory, fitness, and self-discipline.

Fee: \$65

Ages:13 & up

Day/Time: Mondays/6-7PM

Code: 706714

Combo Class • Fee, \$95

Day/Time: Mondays/6-7PM

Teen & Adult Karate & Kali Combat

Code: 706717

Lil' Legends Pre-K Karate

Martial arts classes designed for 3, 4 and 5 year olds. Our curriculum is designed by a black belt with a Master's Degree in Occupational Therapy for Pre-K aged children. Participants must test out of the first class to make it to the "advanced" class, which focuses on perfecting martial arts techniques.

Beginner

Day / Time: Tue / 5:15-5:45 PM

Ages / Code: 3-5 yrs / 706704

Advanced

Day / Time: Tue / 6:00-6:45 PM

Ages / Code: 3-5 yrs / 706705

Instructor: Legends Martial Arts

For more information: www.legendsmartialarts.com or 817.285.8484

Legends Karate

Martial arts classes designed specifically for Kids, Teens, and Adults. Our curriculum is designed by 10th degree black belt Grandmaster J Pat Burleson and 7th degree black belt Master Chance Burleson. The curriculum focuses on perfecting martial arts techniques along with a focus on discipline and control.

Fee:

\$65/month-Basic, Elite and Masters Programs
(\$5 discount for each additional family member)

Beginner Kids

(White to Orange Belts)

Day / Time: Tue / 5:00-5:30 PM

Ages: 6-11 yrs

Code: 706701

Advanced Kids

(Green to Black Belts)

Day / Time: Tue / 5:30-7:00 PM

Ages: 6-11 yrs

Code: 706702

Teens and Adults

(White to Black Belts)

Day / Time: Tue / 7:00-9:00 PM

Ages: 12 yrs & up

Code: 706703

Tae Kwon Do/ Hapkido

Fee: \$60/ month (Individual)

\$130/ month (Family of 3 or more)

Instructor: Kim Davis, 6th DAN

Supply fee: Belt test and equipment available upon request from instructor.

Youth Tae Kwon Do

Tae Kwon Do, a Korean martial art, is for all ages and fun for the entire family. Improve flexibility, concentration, general conditioning, hand/eye coordination, balance, self-discipline, and physical/mental well-being. Youth students learn & practice side by side with adult class students to see what is possible as they gain confidence.

Ages: 6-11

Days / Time: Mon and Thur / 7:00-8:00 PM

Codes: 706800 (individual) / 706802 (family)

Adult Tae Kwon Do/ Hapkido

Tae Kwon Do/Hapkido, Korean martial arts, are for all ages and fun for the entire family [Hapkido lower age limit = 12yrs]. Improve flexibility, concentration, general conditioning, hand/eye coordination, balance, selfdiscipline, and physical/mental well-being. Students in the advanced class will learn to apply skills in forms, sparring, and self-defense applications. Hapkido adds grappling and some weapons techniques to Tae Kwon Do skills.

Ages: 12 and up

Days / Time: Mon and Thur / 7:00-8:30 PM

Codes: 706801 (individual) / 706803 (family)

The REC members receive a \$10 discount per class

KIDS PROGRAMS

Pre-School Gymnastics

This class is designed to promote physical activity and motor skill development. Basic gymnastics skills such as rolls, bridges, handstands and cartwheels will be introduced. Students will also be exposed to other gymnastic equipment as the balance beam.

Ages: 3-5 yrs

Day / Time: Tue / 4:15-5:00 PM

Monthly (4 wks)

Code: 708205

Cost: \$42/mo

Instructor: Gypsy Mishoe

Beginning Gymnastics 1

This class is designed as an introduction to gymnastics. Students will learn floor skills such as rolls, cartwheels, handstands and backbends. Students will also be introduced to the balance beam and vault.

Ages: Kindergarten-7 yrs

Day / Time: Tue / 4:15-5:00 PM

Monthly (4 wks)

Code: 709327

Cost: \$42/mo

Instructor: Gypsy Mishoe

Beginning Gymnastics 2

This class is designed for older children who have little experience with gymnastics. Students will learn floor skills such as rolls, cartwheels, hand stands and backbends. Students will also be introduced to the balance beam and vault.

Ages: 8-12 yrs

Day / Time: Tue / 5:00-5:45 PM

Monthly (4 wks)

Code: 709202

Cost: \$42/mo

Instructor: Gypsy Mishoe

Advanced Intermediate Gymnastics

This class is designed for the young gymnast who has already mastered the basic skills of the sport. Students entering this class should be able to do a cartwheel, a handstand and a backbend with little or no assistance. We will be working on more advanced skills such as front and back walk-overs and handsprings. Students will also spend a portion of each class developing flexibility and strength.

Ages: 7-14 yrs

Day / Time: Tue / 5:00-5:45 PM

Monthly (4 wks)

Code: 709328

Cost: \$42/mo

Instructor: Gypsy Mishoe

Early Achiever's Preschool Academy

Academic Pre-School Program for 3-5 year olds

This fun-filled preschool class utilizes a hands-on theme based yearly curriculum that focuses on the academic, social, emotional, physical and creative development of each student. Areas of reading, writing, science, safety, health, social studies, math, art, music and movement are included. Fun learning activities include language, music and art appreciation, visual and spatial perception, logical and mathematical calculation, social interaction, fine and gross motor skills, phonetic awareness and building alphabet skills including letter identification, providing a strong foundation for further developing reading skills.

Curriculum also includes concepts in math and science, as well as developing fine and gross motor skills through fun group activities. Hands-on, manipulative activities are the basis of the math program. Students reinforce number recognition and counting, as well as develop essential skills in graphing, measuring, beginning geometry and concepts of time and money. Ratio of 1:10. Please bring a snack. Please call 972.567.1771 for more info, or email info@rarelearning.com.

Class: Preschool

Tue / Fri 9:30 AM-12:00 PM \$109/mo (708315)

Class twice a week

Ages: 3-5 yrs

Additional Info: \$10 supply fee paid to instructor 1st day of class.

Session: Tue / Fri

Sept (09) Sept 1-25

Oct (10) Oct 2-27

Nov (11) Nov 3-20 (pro-rated 3 weeks \$81.75)

Dec (12) Dec 1-18 (pro-rated 3 weeks \$81.75)

SED TinkerLab (NEW)

TinkerLab is a weekly science enrichment program that is all about teaching learners in grades K-2 and 3-5 to think like scientists. Our science mentors engage learners with a hands-on approach and experiment based learning. Learners experience a variety of science topics spanning rocketry, robotics, 3D printing and 3D design, health and medicine, computer programming, microbiology, paleontology, and many other subjects. Our original lessons are designed to inspire learners to ask their own questions and design their own experiments as they explore different subjects with our mentors. Our kid-directed approach to learning sets the pace for the program and allows flexibility to ensure every student understands the core science, remains engaged, and has fun!

Ages, Day, Time

K-2 grade, Tuesday, 4:00-6:00 PM (708316)

3-5th grade, Thursday, 4:00-6:00 PM (708317)

Session/Fee: Monthly \$160

Instructor: Science Entertainment and Design Additional

Info: www.ExploreSED.com

FINE ARTS

Art Class

Learn to mix colors and color theory, paint in different styles and media with acrylics and oils.

Ages: 10 & up

Day / Time: Tue / 6:00-7:30 PM

Monthly (4 wks)

Code: 705202

Cost: \$58/mo

Instructor: Rexana Ostuni

Supplies: Canvas, paper or board, paint brushes (flat; small, medium and large table easel). Paint will be furnished by instructor.

Additional Info: Before taking Art Class, students must complete Drawing & Pastels.

Drawing & Pastels

Drawing from basic shapes, landscapes, perspective, still life and animals. Drawings will be finished in a pencil or pastels.

Ages: 6-12 yrs

Day / Time: Tue / 4:30-5:45 PM

Monthly (4 wks)

Code: 705218

Cost: \$55/mo

Instructor: Rexana Ostuni

Supplies: bring 11"x14" drawing tablet and #2 pencils. Pastels will be supplied by the instructor.

Learning to Play the Guitar

Introduction to the guitar in a relaxed group environment. Basic guitar technique will include: holding, tuning, hand position, timing and learning of notes on the first three strings. You will also learn some guitar methods and theory, including, strumming, reading tabs and finger picking. This is a great class for children to learn the basics.

Ages / Day / Time / Code:

7-17 yrs Sat 2:00-2:45 PM 705203

7-17 yrs Sat 3:00-3:45 PM 705204

Session, Fee: Monthly, \$60/mo

Texas Guitarville Instructor

Additional Info: Students must bring their own electric or acoustic guitar to class.

Private Guitar Lessons

Learn to play the guitar at your own pace in a one on one environment. This class will teach you the basics chords, hand positioning, picking and much more.

Ages 7 & Up

Day/Time:

Tuesday, 6:30-7:00 PM (705210-G1)

Tuesday, 7:00-7:30 PM (705210-G2)

Tuesday, 7:30-8:00 PM (705210-G3)

Tuesday, 8:00-8:30 PM (705210-G4)

Saturday, 4:00-4:30 PM (705210-G5)

Saturday, 4:30-5:00 PM (705210-G6)

Session/Fee: Monthly \$140 (4 lessons)

Texas Guitarville Instructor

Additional Info: Students must bring their own electric or acoustic guitar to class.

Private Piano Lessons

Students will learn the basics of playing the piano from music notation and by ear in a one on one setting.

Ages 4 & Up

Fee: \$140/mo (four 30-min lessons)

Code: 705564

Lesson days and times will be set up with the instructor.

Texas Guitarville Instructor

Additional Info: Once signed up student will be notified to set up a day and time.

Texas Social Dance

This class will focus on one dance each month. Learn how to partner dance the fun, fast and easy way. No partners needed since we rotate partners. If you prefer to stay with a partner we can do that, too. Get ready for that special event and do not sit out any more.

Ages: 14 years and older

Day/Time: Sun, 3:00-4:30 PM

Code/Fee: 705307 \$45/single, \$67/Couple

Instructor: Dance With Me Studio

Sessions:

09 - Sept • Two Step

10 - Oct • Progressive Double

11 - Nov • East Coast Swing

12 - Dec • Waltz

Belly Dance: Improv Tribal Style

In this class you will learn Improv Tribal Style belly dancing (ITS) with an introduction to the fundamentals of tribal movement, partner work, isolations, strength building, and drills for muscle memory. Geared toward the new student, but vital to continuing students for refinement, this class establishes a strong foundation for every dancer and is instrumental in familiarizing students specifically with the ITS format. This is a low impact dance suitable for all ages and body types.

Ages: 14 & Up

Day / Time: Wed / 8:00-9:00 PM

Monthly (4 wks)

Class Code: 709110

Cost: \$38/mo

Instructor: Tiffany Skalberg

For more info go to: Tribalevolution.com

Clogging

Want to learn to Clog? Well getting started is easy and fun. You don't need a partner or any previous dance experience. Clogging is a great multi-generational family activity. You will learn the 8 basic steps and some fun dances! Shoes and Taps are required and may be ordered. We will have shoe and tap info at the 1st class.

Day: Mondays

Level/Time:

Beginning 7:00 - 7:35 PM 709221

Easy 7:40 - 8:15 PM 709220

Interm. 8:20 - 8:55 PM 709222

Advanced 9:00 - 9:30 PM 709223

Session/Fee: Monthly / \$30

Instructor: John Pryor

Spanish: The Next Level

If you had taken Spanish 1 and you only speak Spanish in the present tense, but are wondering how to use the past tense in Spanish, this class is for you. In this class, you will learn proper pronunciation while learning the past tense verb conjugation and grammar. During the class, you will practice and develop your conversation ability. To maximize your learning, the format of the class is interactive dialog with the instructor. This is a dynamic and engaging class, and includes

music, pronunciation and useful vocabulary. Active participation is expected of all students. There is a \$15 supply fee paid to instructor first day of class.

Ages: 14 and up
Day / Time: Thur / 6:00–8:00 PM
Monthly (4 wks)
Code: 709591
Cost: \$60/mo
Instructor: Gloria Novak

SPECIAL INTEREST

Introduction to Photography

This four-session introductory photography series guides students to progress beyond taking snapshots to creating photographs. We begin by exploring your camera's capabilities and learn how to manually adjust for shutter speed, aperture and film speed. This series will also help you improve your understanding of composition, light, depth-of-field, and perspective. Each two-hour session includes time for practicing the concepts and techniques discussed. Students need to bring a camera and the camera manual. A digital SLR or compact camera with manual controls is essential for this class.

Ages: 16 and up
Day/Time: Sun / 1:30–3:30 PM
Sessions:
09 – August 23 – September 13
10 – October 25 – November 15
Code/Fee: 304701 / \$135
Instructor: Bruce Rosenstiel:
bruce@smallworldphotos.net,
817.528.5993

Interior Design

Learn how to draw and design an interior space in your home or office. Discover the effects of light, colors, materials and furniture arrangement in this space. Class is open to all ages.
Day / Time: Wed / 10:00-11:45 AM
(Sept 9 – Nov 25)
Code/Fee: 809400 / Free

Intermediate Photography (Processing Your Images)

This four-session intermediate photography series builds on the experience and skills learned in Introduction to Photography. Each two-hour session guides students to increase their knowledge of the tools and techniques essential to creating photographs through field trips to local attractions. Students also may be introduced to an effective digital workflow using software such as Adobe Lightroom and Adobe Photoshop. The class includes time for practicing the concepts and techniques discussed. Students need to bring a camera and camera manual. A digital SLR or compact camera with manual controls is essential for this class. A tripod and a laptop with processing software loaded will be beneficial, but are not essential.

Ages: 16 and up
Day/Time: Sun, 3:45–5:45 PM
Sessions:
09 – August 23 – September 13
10 – October 25 – November 15
Code/Fee: 304700 / \$135
Instructor: Bruce Rosenstiel:
bruce@smallworldphotos.net,
817.528.5993

Defensive Driving

Bright Driver is a National Safety Council defensive driving course for all individuals that need an auto insurance discount and/or need to dismiss a traffic citation. This is a six hour course that can also be used a corporate safety course to a dismiss a traffic citation anywhere in the United States.

Ages: 16 and up
Day/Time: Sat 9:00 AM – 4:00 PM
Session:
08 – Aug 1
09 – Sept 12
10 – Oct 3
11 – Nov 7
12 – Dec 5
Code/Fee: 709736 / \$45
Instructor: J. T. Brinson
Website: www.brightdriversafety.com

Getting Paid to Talk

Ever been told you have a great voice? From Audio books and cartoons to documentaries, commercials and more. This class will introduce you to the growing field of voice over. Learn what the pros look for, how to prepare and where to find work in your area. We will discuss industry pros and cons and play samples from working voice professionals. In addition, you'll have an opportunity to record a short professional script under the direction of our teacher. This class is lots of fun, realistic and a great first step. For anyone interested in the voice over field.

Ages: 16 and up
Day/Time:
Wednesday, November 4, 6:30-9:00 PM
Session/Code: 11 / 709546
Fee: \$120
For more info: please visit
<http://www.voicecoaches.com/gppt>

Concealed Handgun License Class

This one – day (6 hr) course satisfies the handgun license. This course will cover use of force, handgun safety, prohibited carry laws, scenarios, concealment methods and much more. Course includes both written and proficiency (shooting) exams.

Ages: 21 and up
Session/Date/Time:
09 – Sept. 19, Sat 8:00 AM–3:00 PM
10 – Oct. 17, Sat 8:00 AM–3:00 PM
11 – Nov. 14 Sat 8:00 AM–3:00 PM
Class Code/Fee:
709795/\$70
Instructor: Dallas Kaemmerling
Additional Info: Contact Dallas at
dallas@mycrew.net or 817.676.1467.
There will be a one hour lunch break. Additional gun range fee of \$15 paid to instructor.

Personal Self Defense

Instructor: James Fell
817.909.3310
Teacher@Art-Of-Defense.com
Cost: \$30/hour
Available by request

Babysitter's American Red Cross Training

This eight-hour babysitting course covers a variety of topics including: preventing accidents and illnesses, basic first aid, reviewing choking procedures, rescue breathing and making professional decisions in babysitting. The class is 90% participation. All successful participants will receive a babysitting training book the day of class. There will be a 30-minute lunch break for lunch. Please provide your own lunch, snacks and drinks.

Ages: 11 yrs & up

Day / Time: Sat / 9:00 AM-4:00 PM

Sessions / Date: 12-Dec 12

Code: 709703

Cost: \$85

Instructor: ARC Certified Instructor

Community First Aid & Safety

This course prepares you to rescue victims who are experiencing cardiopulmonary distress. Course includes information on adult, child and infant CPR, along with first aid for a variety of conditions including bleeding, injuries to bones, muscles and joints, sudden illness and heat and cold injuries. Successful participants earn two certificates: American Red Cross Community CPR (valid for 2 years), and ARC Community First Aid (valid for 2 years).

Ages: 10 yrs & up

Day / Time: Sat / 9:00 AM-4:00 PM

Sessions / Date: 10-Oct 24, 11-Nov 7

Code: 709702

Cost: \$87

Instructor: ARC Certified Instructor

DANCE

Tumbling for Tots

This class will teach the fundamentals of gymnastics on a floor mat while developing flexibility and strength. Children will also learn coordination skills on a balance beam and parachute exercises. Classes will build self-confidence, create group interaction skills while supporting your child's self-esteem and positive image.

Ages: 3-6 yrs

Day/Time: Tue / 10:45-11:25 AM

Session / Fee: Monthly / \$52

Code: 708403

Instructor: Jo-Ann Ingram

Additional Info: Wear comfortable play clothes; Girls may wear dance attire.

TITLE	AGE	DAYS/TIMES	INSTRUCTOR	FEE (Monthly)	CODE
Ballet/Tap for Pre-School	3-5 yrs	Mon, 10:00-10:40 AM	Jo-Ann Ingram	\$52	708201
Ballet/Tap for Pre-School	3-5 yrs	Mon, 10:45-11:25 AM	Jo-Ann Ingram	\$52	708202
Ballet/Tap for Pre-School	3-5 yrs	Mon, 11:30 AM-12:10 PM	Jo-Ann Ingram	\$52	708203
Ballet/Tap for Pre-School	3-5 yrs	Tues, 10:00-10:40 AM	Jo-Ann Ingram	\$52	708301
Ballet/Tap for Pre-School	3-5 yrs	Tues, 11:30 AM-12:10 PM	Jo-Ann Ingram	\$52	708302
Ballet/Tap	5-7 yrs	Thur, 4:00-4:40 PM	Jo-Ann Ingram	\$52	708510
Ballet/Tap	6-12 yrs	Thur, 4:45-5:25 PM	Jo-Ann Ingram	\$52	708511
Ballet/Tap for Pre-School	3-5 yrs	Thur, 5:30-6:10 PM	Jo-Ann Ingram	\$52	708503
Ballet/Tap	6-12 yrs	Thur, 6:15-6:55 PM	Jo-Ann Ingram	\$52	705504
Ballet/Tap for Pre-School	3-5 yrs	Sat, 10:00-10:40 AM	Little Dancer's Instructor	\$52	708701
Ballet/Tap	6-12 yrs	Sat, 10:45-11:25 AM	Little Dancer's Instructor	\$52	705700
Jazz / Hip Hop	6-12 yrs	Sat, 11:30-12:15 PM	Little Dancer's Instructor	\$52	708700
* Jazz/ Hip Hop	13-17 yrs	Sat, 12:30-1:30 PM	Little Dancer's Instructor	\$63	708314

Ms. Jo-Ann's classes are progressive, with a formal holiday recital in December (TBA)

Additional Information: Siblings receive \$5 discount

* *Leaps & Turns along with Hip-Hop (A Technique class)* This dance class will break down leaps, turns and hip-hop technique the incorporate them into minute long combinations. Suggested attire is form fitting clothes, no t-shirts, jazz shoes or foot paws, sneakers for hip-hop and hair pulled back.

Ballet shoes, leotards and tights required for all dance classes. Tap shoes required for tap classes.

The REC members receive a \$10 discount per class



YOUTH SPORTS

Athletics Staff:

Andrea Dailey, Athletic Coordinator • 817.410.3457
Brian Blakeway, Athletic Coordinator • 817.410.3472
Scott Hardeman, Athletics Manager • 817.410.3476

RAINOUT HOTLINE: 817.410.3475 AFTER 3:30 PM

Schedules and standings: playgrapevine.com

Registration Information: Space is limited-first come, first served!

***Late Registration Fee:** All youth & adult leagues are subject to a 10% late fee.

Athletic Refunds

If approved, all refunds may carry up to a 20% administration fee. For inquiries or a refund request form, please call 817.410.3472.

Volunteer Youth Sports Coaches Needed:

For more information, please call 817.410.3472.

Background Checks: The City of Grapevine has a policy of conducting background checks on all volunteer sports coaches.

T.A.A.F.

The Texas Amateur Athletic Federation (T.A.A.F.) is a state federation providing competition beyond the local level. Currently, over 150 cities combine to establish and maintain the highest level of amateur sports in the state of Texas to promote the development of physical education and to encourage the standardization of rules in all amateur athletics, games and competitions. The objectives of T.A.A.F. are both charitable and educational. For more information, visit www.taaf.com

League Schedules:

We attempt to make every effort to accommodate schedule requests. However, we cannot guarantee all requests.

All Youth Sports Leagues:

A copy of child's birth certificate and team roster is mandatory and due at the coaches meeting.

Venue Alert:

The Parks & Recreation Department utilizes many facilities that are not owned and/or managed by the City of Grapevine for practices and games. In some cases after our schedules are set, we may receive notice that a particular facility is no longer available for use. In the event that this occurs and there is a last minute cancelation or change, we will make every attempt to notify each team of the change and re-schedule your practice or game.

Girl's Fall Youth Volleyball

Registration: Aug 9–30

Late Registration: Aug 31–Sept 8*

Ages: As of Sept 1, 2015

Divisions:

Girl's Individual		Girl's Team	
8 & Under	612406-13	8 & Under	612407-13
10 & Under	612400-13	10 & Under	612403-13
12 & Under	612401-13	12 & Under	612404-13
14 & Under	612402-13	14 & Under	612405-13

Fees: \$85-Individual Resident, \$95-Individual Non-Resident, \$420-Resident Team, \$440-Non-Resident Team

Coaches Meeting: Sat, Sept 12, 9:30 AM, GMS, 301 Pony Pkwy

Practices Begin: The week of Sept 20

Season Dates: Sept 26–Nov 21

Additional Info: Practices will be held at local GCISD facilities Sun–Thur. Coaches will sign-up for their teams practice site and time at the coaches meeting. Jerseys are provided for the individual division only. This is a eight-week league. For more information, call Andrea Dailey at 817.410.3457.



Fall Youth Basketball Leagues

Registration: Aug 9–30

Late Registration: Aug 31–Sept 8*

Site: GCISD facilities

Divisions:

Boy's Teams

8 & Under 612712-13
10 & Under 612712-13
12 & Under 612714-13
14 & Under 612715-13
16 & Under 612716-13

Girl's Teams

8 & Under 612718-13
10 & Under 612719-13
12 & Under 612720-13
14 & Under 612721-13

Fees: Residents \$375/team, Non-residents \$395/team

Coaches Meeting: Sat, Sept 12, 11:00 AM, GMS, 301 Pony Pkwy

Practices Begin: The week of Sept 20

Season Dates: Sept 26–Nov 7

TAAF rules age/division (Team Registration's only):
Age as of Sept 1, 2015.

Additional Info: This league is designed for teams that are already formed. Competitive select divisions and recreational divisions are available. For more information you may contact Brian Blakeway at bblakeway@grapevinetexas.gov. Practice times are available through Grapevine Parks & Recreation for the fall youth basketball season. This is a 6-week league!

Winter Youth Basketball Leagues

Registration: Oct 1–21

Late Registration: Oct 22–31*

Site: GCISD facilities

Divisions:

Boy's Individuals

8 & Under 612700-11
10 & Under 612701-11
12 & Under 612702-11
14 & Under 612703-11

Girl's Individuals

8 & Under 612706-11
10 & Under 612707-11
12 & Under 612708-11
14 & Under 612709-11

Boy's Teams

8 & Under 612712-11
10 & Under 612713-11
12 & Under 612714-11
14 & Under 612715-11
16 & Under 612716-11

Girl's Teams

8 & Under 612718-11
10 & Under 612719-11
12 & Under 612720-11
14 & Under 612721-11

Fees: \$90/Resident Individuals, \$100/Non-resident

Individuals, \$495/Resident Team & \$515/Non-resident team

Coaches Meeting: Sat, Nov 14 at 9:30 AM, GMS, 301 Pony Pkwy

Season Dates: Dec 5–Feb 27, 2016

Age as of Sept 1, 2015.

Practice Begins: Week of November 23 – Practices will be held at local GCISD facilities Sunday – Friday. Coaches will sign up for their teams practice site and time at the coaches meeting.

Additional Information: The Parks & Recreation department will make every effort to place your child on a team with a special friend or coach; however, we cannot accommodate schedule requests, or coaches that coach more than one team. For more information you may contact Brian Blakeway at bblakeway@grapevinetexas.gov.

Higher Goals Basketball Camp

Dates	Times	Ages	Code	Site	Fee
Dec 21-24	9:00 AM-12:00 PM	7-16	603921-15	TBA	\$120
Dec 28-31	9:00 AM-12:00 PM	7-16	603921-16	TBA	\$120

Camp Schedule will include daily detailed work in ball handling, shooting, rebounding, defense and passing. Camp will include daily life skills and basketball 101 sessions. Camp awards distributed!



Youth Sports Associations

Grapevine Baseball & Softball Association (GBSA)

Recreational Baseball & Softball: Ages: 3–18

Select Baseball: Ages 8–18 (must attend tryouts and subsequently be selected for a team)

Select Softball: Ages 10–18 (must attend tryouts and subsequently be selected for a team)

Spring Registration: Online registration will begin in December at gbsa.org. If registering online, must pay with credit card. If mailing registration form with a check, mail to: GBSA – Registration, PO Box 1732, Grapevine, TX 76099.

Fall Registration: Online registration will begin in June at gbsa.org. If registering online, must pay with credit card. If mailing registration form with a check, mail to: GBSA – Registration, PO Box 1732, Grapevine, TX 76099

For more information, please visit gbsa.org or contact us at 817.329.5505. Sign up for our mailing list at gbsa.org to be informed of registration dates, select tryouts, rainouts and other important information.

Grapevine & Colleyville Youth Football Association (GCYFA)

Spring 2016 • 7-on-7 Touch Football Season

Season Dates: Mid-April through early June

Registration: Online in late January

- Non-contact and no tackle football
- Players play in divisions based on school grade (2015-16 school calendar) 1st through 8th grade
- Player eligibility: Must be a Grapevine or Colleyville resident and/or attend GCISD school
- Other Associations participating in the league include Southlake, Northwest, Trophy Club/Roanoke, and Coppell

Fall 2016 • Football Season

Tackle Divisions: 2nd-6th grades in Fall 2016

Flag Division: Kindergarten through 1st grade in Fall 2016

Season dates: September through early November

Registration: Online in April

- Players play in divisions based on school grade (2016-17 school calendar)
- Player eligibility: Must be a Grapevine or Colleyville resident and/or attend GCISD school
- Other Associations participating in the league include Southlake, Northwest, Trophy Club/Roanoke and Coppell

More information and registration at: gcyfa.org

Grapevine Southlake Soccer Association (GSSA)

Recreational Soccer: Ages 3–Adult

Fall Season: Early Sept through mid-Nov

Spring Season: Early Mar through mid-May

Registration: May-Jul for Fall • Nov-Jan for Spring

Website: gssasoccer.org

Office Phone: 817.410.9950

More Information: Soccer is a sport that focuses on teamwork rather than emphasizing individual performance. Grapevine-Southlake Soccer Association promotes recreational soccer, where children of all abilities and experience levels are encouraged to participate. Teams are coached by volunteer parents and may practice one or two evenings per week (depending on age). A minimum of eight games are played each season, mostly on Saturdays. GSSA is offering adult leagues for summer, fall and spring.

Grapevine Youth Wrestling (GYW)

GYW is the newest association in town. Come out and join them during workouts. They practice on Tuesdays and Thursdays in the fall and spring and then to Wednesdays for summer workouts.

Site: GCISD facilities

Day / Time: Tue and Thur / 7:00-8:30 PM

Coach: Waymon May

Additional Info: Contact Waymon May by email at waymon.may@gcisd.net





ADULT SPORTS

Fall Indoor COED Volleyball

Days / Divisions / Codes:

Wed	COED For Fun	611404-11
Thur	COED Recreational	611504-11

Site: GCISD Facilities

Ages: 16 & up

Registration: Aug 23-30

Late Registration: Aug 31-Sept 7*

Fee: \$170 per team

Season Dates: Sept 16-Nov 5 (8 week season)

Team Info: Available online Sept 10 after 12:00 PM

Additional Information: Contact Andrea Dailey at 817.410.3457.

Fall Flag Football 8-on-8 Leagues

Days / Codes:

Men's Sundays 611103-11

Site: GCISD Facilities

Ages: 16 & Up

Registration: Aug 30-Sept 6

Late Registration: Sept 7-14*

Fee: \$335/team

Season Dates: Sept 20-Nov 8

Schedules: Available online Sept 17 after 12:00 PM

Fall Flag Football 4-on-4 Leagues

Days / Codes:

Men's Tuesdays 611302-11

Site: GCISD Facilities

Ages: 16 & Up

Registration: Oct 18-25

Late Registration: Oct 26-Nov 2*

Fee: \$250/team

Season Dates: Nov 17-Feb 9, 2016

Schedules: Available online Nov 5 after 12:00 PM

Winter Men's Basketball

Days / Divisions / Codes:

Mon	Recreational	611200-11
Wed	Recreational	611400-11

Game Site: TBA - GCISD facilities

Ages: 16 & up

Registration: Oct 18 - 25

Late Registration: Oct 26-Nov 2*

Fee: \$360/team

Season Dates: Nov 30-Feb 3, 2016 (8 wk season)

Team Information: Available online on Nov 19

after 12:00 PM. For more information, you may contact Brian Blakeway at 817.410.3472.

Winter (Freeze Out) Adult Softball Leagues

Day / Divisions / Codes / Fees:

Sun	COED For Fun	611101-14	\$150
	Men's D	611102-14	\$260
	Men's E	611104-14	\$260
Wed	Men's D	611401-14	\$260
	Men's E	611402-14	\$260
	Men's Super E	611406-14	\$260
Thur	Men's Super D	611501-14	\$260
	Men's D	611502-14	\$260

Ages: 16 & Up

Registration: Sept 20-Oct 26

Season Dates: Dec 6 - Jan 28, 2016

Schedules: Available online Nov 19, after 12:00 PM

Additional Information: Please contact Andrea Dailey at 817.410.3457.

Lake Grapevine Runners and Walkers Club (LGRAW)

LGRAW is a local non-profit organization dedicated to promoting running, walking and fitness in the Lake Grapevine area. Saturday and Sunday mornings are informal group runs in the Oak Grove Park area. For more information, please visit www.lgraw.com

Double Trouble Race- Oct 24

Grapevine Tennis

All tennis classes and activities take place at the Dove Park Tennis Courts, 1509 Hood Lane. Students need to bring a racquet and a new can of balls to the first class meeting. For more tennis information contact Austin Wynne at 214.668.1619.

Pee Wee Tennis

Designed to create eye/hand coordination while learning basic techniques.

Ages: 3-6 yrs

Sessions / Fee: 09, 10, 11, 12 / \$30

Day / Time / Code:

Sat / 8:30-9:00 AM / 707740

Junior Beginner

This class is designed for the student interested in learning the technique of each tennis stroke. Each class will be divided by skill level.

Ages: 6-15 yrs

Sessions / Fee: 09, 10, 11, 12 / \$75

Day / Time / Code:

Wed / 5:30-6:55 PM / 710251

Sat / 9:00-10:25 AM / 710750

Junior Advanced Beginner

This class is designed for advanced beginner/intermediate players wanting to improve their skills.

Ages: 6-15 yrs

Sessions / Fee: 09, 10, 11, 12 / \$75

Day / Time / Code:

Sat / 10:30 AM-12:00 PM / 707704

Junior Intermediate

This class is designed to offer strategy to those players competing at school or in tournaments. Techniques will continue to be developed. Players must know the scoring system.

Ages: 6-15 yrs

Sessions / Fee: 09, 10, 11, 12 / \$75

Day / Time / Code:

Tue / 5:30-6:55 PM / 710350

Junior Advanced

Designed for the serious student with prior instruction. Strategy, technique and point situations will be stressed.

Ages: 6-15 yrs

Sessions / Fee: 09, 10, 11, 12 / \$75

Day / Time / Code:

Thur / 5:30-6:55 PM / 710550

Tournament Tough

This class is designed for high school level players (JV & Varsity). This class will emphasize strategies used in tournament competition (Zats/Champs).

Sessions / Fee: 09, 10, 11, 12 / \$75

Day / Time / Code:

Tue / 7:00-8:25 PM / 710351

Wed / 7:00-8:25 PM / 710352

Thur / 7:00-8:25 PM / 710353

Package Rate - Tues., Wed., & Thur., 7-8:25 PM 710354
\$150

Adult Classes:

Adult Beginner

Designed to teach the basic strokes and techniques.

Strategy will be discussed if applicable.

Ages: 15 yrs & up

(or High School Level)

Sessions / Fee: 09, 10, 11, 12 / \$75

Day / Time / Code: (lower courts)

Wed / 7:00-8:25 PM / 710252

Adult Advanced Beginner

Ages: 15 yrs. & up

Sessions/Fee: 09, 10, 11, 12 \$75

Day / Time / Code:

Thur / 7:00-8:25 PM / 710551

Adult Women Classes:

Beginner

Ages: 18 yrs & up

Sessions / Fee: 09, 10, 11, 12 / \$75

Days / Times / Codes:

Wed / 11:00 AM-12:30 PM / 710451

Fri / 11:00 AM-12:30 PM / 710652

Advanced Beginner/Intermediate

Ages: 18 yrs & up

Sessions / Fee: 09, 10, 11, 12 / \$75

Days / Times / Codes:

Wed / 9:30-10:55 AM / 710450

Fri / 9:30-11:00 AM / 710650

NETT Junior Team Tennis

Designed for players wanting to get involved in NETT junior team tennis. Fees include practices once a week for eight weeks, league fee and team shirt. Fee does not include USTA membership. Team tennis matches are on Sundays. Call Austin Wynne at 214.668.1619 for more information or to sign up.

Ages/Time: 7 -18 yrs, 5:30 – 6:55 PM

Days: Thursdays, Matches on Sundays

Fee: \$200 (8 weeks)

Session/Dates: 09 (Dates TBA)

Code: 707200

Grapevine Fall Open

All tournaments will have a male and female divisions.

Adult Divisions

3.5 Singles	711850-10
3.5 Doubles	711851-10
4.0 Singles	711852-10
4.0 Doubles	711853-10
4.5 Above Singles	711854-10
4.5 Above Doubles	711855-10
Mixed 4.0 & Above	711856-10
Mixed 4.0 & Below	711857-10
3.0 & Below Singles	711868-10
3.0 & Below Doubles	711869-10

Youth Divisions

12 & Under Singles	711860-10
12 & Under Doubles	711861-10
14 & Under Singles	711862-10
14 & Under Doubles	711863-10
16 & Under Singles	711864-10
16 & Under Doubles	711865-10
18 & Under Singles	711866-10
18 & Under Doubles	711867-10
14 & Under Mxd. Doubles	711870-10
14 & Under Jr. Mxd. Doubles	711871-10

Date: November 21, 2015

Registration Deadline: November 17

Entry Fee: \$18 singles; \$32 double team

Sites: Grapevine High School, 3223 Mustang Drive and Dove Tennis Courts, 1509 Hood Lane.

Additional Information: Players can get start times on Nov. 19 by visiting tntennis.net or by calling Kelly Langdon at 817.233.5793.



GRAPEFEST TENNIS CLASSIC

September 19 – 20, 2015

For more information visit us on the web at grapevinetexasusa.com or contact Kelly Langdon at 817.233.5793.

GOLF PROGRAMS

Grapevine Golf Course

Contact the Golf Shop (817.410.3377) or visit us at GrapevineGC.com for more detailed information on our upcoming camps and programs. Private instruction is available. Call the Golf Shop for pricing and availability.

Shawn Humphries Junior Golf Academy
(12 month Academy)
www.shawnhumphries.com

Get Golf Ready Ladies Programs

August (Wed)	Aug 5,12,19,26	6:30–8:00 PM
September (Wed)	Sept 2,9,16,23	6:30–8:00 PM
October (Wed)	Oct 7,14,21,28	6:30–8:00 PM

Couples Golf

Sept 20	Sun	4:30 PM
Oct 18	Sun	4:30 PM
Nov 22	Sun	4:30 PM



GRAPEVINE BOTANICAL GARDENS

Heritage Park • 411 Ball Street, Grapevine, TX



The majestic beauty of the Grapevine Botanical Gardens at Heritage Park, located at 411 Ball Street, was inspired by the vision of Mayor Pro Tem C. Shane Wilbanks. Boasting a great-lawn, water features, walking bridges, seasonal foliage, an herb garden, a butterfly garden, education events, and friendly docents, the Garden has something for everyone. The grounds are a popular location for weddings, meetings, showers, photo shoots, marriage proposals, and other memory-making fun events. Always free of charge, the beautiful grounds are one of the hidden gems of Grapevine.

NEW THIS SEASON: SUNDAY CLASSES!



SUITCASE FOR SEEDS

Let's make an art collage from various seeds. We will also plant seeds to take home and watch grow. Session includes a story time.

Site: Grapevine Botanical Gardens
Pewitt Pavilion
Ages: 3-6 (max. 15, min. 4)
Fee: \$5.00
Date: Sunday, Sept 13
Time: 1:00-1:45 PM
Code: 304514-09
Date: Tuesday, Sept 15
Time: 4:00-4:45 PM
Code: 304514-18



IT'S PUMPKIN TIME

Create artwork from pumpkin seeds. Session includes a story time.

Site: Grapevine Botanical Gardens
Pewitt Pavilion
Ages: 3-6 (max.15, min. 4)
Fee: \$5.00
Date: Sunday, Oct 15
Time: 1:00-1:45 PM
Code: 304501-20
Date: Tuesday, Oct 20
Time: 4:00-4:45 PM
Code: 304501-10



A FRAGRANT FOREST

Let's play with spices and twigs to create a scented forest scene. This session includes a story time.

Site: Grapevine Botanical Gardens
Pewitt Pavilion
Ages: 3-6 (max.15, min. 4)
Fee: \$5.00
Date: Tuesday, Nov 17
Time: 4:00-4:45 PM
Code: 304515-11
Date: Sunday, Nov 22
Time: 1:00-1:45 PM
Code: 304515-22



KEEP GRAPEVINE BEAUTIFUL (KGVB)

Keep Grapevine Beautiful (KGVB) is a non-profit organization that focuses on litter reduction and prevention, beautification, and waste reduction through reducing, reusing, and recycling efforts. KGVB partners with the City of Grapevine, GCISD, the Grapevine Garden Club, GRACE, and other community organizations to work collaboratively towards a cleaner, greener Grapevine. KGVB is an approved non-profit organization that supports the community service requirements for teen court and GCISD organizations. KGVB programs include two scheduled annual cleanup events, the Don't Mess with Texas Trash-Off in the spring and the Trash and Treasures waterway cleanup in the fall. Additionally, the Adopt-an-Area program allows individuals, families, community groups, and businesses to take an active role in keeping our community litter-free. KGVB also offers specially tailored volunteer projects for corporate team building, churches, scout groups, schools, and other community partners. We love to help create a unique volunteer experience that fits your group's needs!

For more information, please visit kgvb.org, find KGVB on social media, Facebook: www.facebook.com/kgvb.org, Twitter: @KGVBTexas, or contact Mendie Schmidt at mschmidt@grapevinetexas.gov or 817.410.3490.

Trash and Treasures

Saturday, October 10

Location: Waterways in Grapevine!

Volunteers will have a "sparktacular" time treasure hunting and picking up litter and debris along the shores of Lake Grapevine! Volunteers will be doing their part to keep our lakeshores clean and litter-free while searching for sparkly jewels that are hidden in the trash. These jewels can be traded in for major prizes after the cleanup! Volunteers can treasure hunt by foot or boat. Event includes live music, free lunch, drinks and giveaways. Preregistration for the event opens on September 14, 2015 at kgvb.org.

National Make a Difference Day

Saturday, October 24

Location: Volunteer projects throughout Grapevine

National Make a Difference Day is the largest national day of community service in America. Millions of volunteers from across the nation will join together on

October 24 to tackle projects in their own community that improve quality of life. Have an idea for a project, or just want to unite with other volunteers on this day? Email Mendie Schmidt at mschmidt@grapevinetexas.gov.

Fall Tree Sale

Saturday, October 17, 8:00 AM–1:00 PM

Location: Botanical Gardens, 411 Ball Street

Fall is the perfect time to plant! The Grapevine Garden Club is partnering with Grapevine Parks & Recreation in conducting its fall sale in conjunction with the annual Butterfly Flutterby and Nash Farm Fall Roundup events. This sale will feature native and adapted trees, shrubs, perennials, and butterfly nectar and host plants appropriate for our area. Citizen foresters will be available for consultation. For more information, please visit grapevinegardenclub.org.

Tree Sharing 2015

Saturday, October 17, 9:00 AM–1:00 PM

Location: Botanical Gardens, 411 Ball Street

The City of Grapevine is proud to host its annual Tree-Sharing program! This program is a joint effort between the City of Grapevine and Grapevine Homeowners in "sharing" the cost, 50/50, of up to two trees per household, planted in the homeowner's yard. The kick-off will run in conjunction with the Grapevine Garden Club Fall Plant Sale, Butterfly Flutterby, and Nash Farm's Fall Round-up. There are a limited number of trees for sale, and they will be sold on a "first come- first served" basis. Sales will continue each Monday-Friday, at the Grapevine Municipal Service Center, 501 Shady Brook Dr., from 9 am – 4 pm until supplies are gone. For more information, call 817-410-3350 or email lgrove@grapevinetexas.gov.

Arbor Day

Friday, November 6

Location: TBD

The State of Texas has adopted the first Friday of November as Arbor Day. This year, Arbor Day will be celebrated on November 6. Please join us for light refreshments and a tree planting ceremony. For more details, please visit playgrapevine.com or call Lisa Grove at 817.410.3350.

Check www.kgvb.org for vendor updates and a schedule of events. For more information or for volunteer, vendor or sponsorship opportunities, contact Mendie Schmidt at 817.410.3490 or mschmidt@grapevinetexas.gov.



ACTIVE ADULTS 55 & BETTER

Transportation

The REC provides transportation for Grapevine residents 55+ years of age to and from The REC, Monday through Friday. Also provided and scheduled by The REC are opportunities for transportation to the bank, post office, grocery shopping, mall shopping and various activities and special events. Daily transportation reservations are required by 2:00 PM the preceding day.

Lunch

Senior Citizen Services of Greater Tarrant County, Inc. (SCS) provides hot lunches that supply one-third of the RDA at 12:00 PM, Monday through Friday. For those under 60, the cost of the meal is \$6. For those 60+ and their spouse, the meal is available for a suggested contribution of \$2. Reservations are required 24 hours in advance.

Health & Nutrition Education

Educational programs provided by health care professionals.

Senior Movers

This volunteer-based program assists with the medical and dental transportation needs of the local senior population. Riders must be pre-registered, give 48-hour notice of need and require very minimal assistance. For information about this program, please call 817.410.3465.

Friends of the Grapevine Senior Activities Center (FOGSAC)

Tax deductible donations for this 501(c)3 organization are used to improve technology, to supplement recurring programs and to further educational opportunities for active adults 55+ at The REC. For more information, please call 817.410.3465.

NETS

The Northeast Transportation Service is operated by Catholic Charities for adults age 60 and over, the disabled and/or the transportation disadvantaged. Call NETS at 817.336.8714.

Volunteers

There are many opportunities available to teach classes, provide transportation for medical needs and much more. For more information, please call 817.410.3465.

Field Trips

Monthly excursions to a variety of venues. For more information, please call 817.410.3465.

Grapevine Senior Citizens Advisory Board

This City Council-appointed Board meets the first Tuesday of each even-numbered month at 3:30 PM to address senior issues in our community. This is an open meeting. Changes or cancellations will be posted on grapevinetexas.gov.

Newsletter: The Grape Affair

Grapevine residents age 55 or better who would like to receive the monthly newsletter by mail, please call 817.410.3465. To receive via email, contact us at pardinfo@grapevinetexas.gov.

Oil Painting • FREE

Designed for the novice as well as the advanced artist. Work on independent projects and receive guidance from a qualified teacher.

Day / Time: Tue / 10:00 AM

Code: 805302

55 Fit

A fun, social class with a little bit of everything including a warm up, aerobic exercise and a cool down that helps improve flexibility, balance, endurance, and coordination. Bring a water bottle to class. Sign up for 1, 2 or 3 classes depending on your schedule.

Day/Time/Code:

Mon / 11:00-11:45 AM / 806004

Wed / 11:00-11:45 AM / 806005

Fri / 11:00-11:45 AM / 806006

Yoga Lite

This class incorporates standing and sitting poses to improve flexibility, range of motion and balance. Relaxation techniques and focused breathing helps to calm us and to seek an inner joyfulness. Bring a water bottle to class.

Day / Time: Thur / 1:00-1:50 PM

Code: 806502

Card Making Classes

Make a unique handmade card each week using a variety of techniques.

Day / Time: Mon / 1:00 PM

Code: 805303

Culture Club

Teaming with Artreach-Dallas Inc., we offer a variety of trips to symphonies, plays, musicals and concerts. Become a member any time. Sign up at Active Adult Desk.

Annual membership:

Jun 1, 2015 – May 31, 2016

Fee: \$10 per year

T'ai Chi

No-impact exercise combining gentle, fluid movements and thoughtful concentration to create the total mind, body and spirit workout.

Day / Time: Mon & Fri / 9:30 AM

Code: 806201

Computer Classes

Many topics are covered in class for the beginner to the advanced.

Registration: Sept 28 & Jan 4, 2016

Walk-Ins: 9:00 AM–12:00 PM

Call-Ins: 1:00-2:00 PM

Active Adult Water Aerobics

Days/Time/Code:

Mon & Wed / 8:00-8:50 AM / 806003

Tues & Thur / 8:00-8:50 AM / 806007

Bridge

This friendly group invites everyone to join the fun. Brush up on your skills while learning technique and strategy.

Day/Time: Tue / 10:00-11:45 AM

Code: 805301

Chorus

If you love to sing no matter if you're in key or not, this group is for you! Learn new songs, make new friends and engage in community outreach by performing programs off-site.

Day/Time: Thur / 10:00-11:30 AM

Code: 805501

Strength Training

A great class designed for active adults 55+ to help promote bone density, strength and flexibility. A fun, motivating class with various exercises that will make a difference and are age and multi-level appropriate. Sitting and standing exercises are used for a fun, healthy, overall workout. Beginners to advanced will enjoy this class.

Days/Time: Mon & Wed / 1:00 PM

Code: 806800

Cycling with Megan

Come ride with us in our cycling class and tour the world. Indoor cycling is a great cardiovascular workout for ages 55 and better. Climb some hills or just pedal; just keep moving. Bring water, a small towel and wear closed toed shoes.

Day/Time: Thur / 10:30 AM

Code: 806501

Mah Jongg

A game of both skill and luck that originated in China many centuries ago and was brought to the West in the 1920s. Join this friendly group; we will teach you the game!

Day/Time: Mon / 1:00-4:00 PM

Code: 809201

Order of Plaid Shirts (FOPS)

Join a group of gentlemen who fraternize once a month and enjoy a variety of tours and lunch.

Days / Time: Varies

Please call 817.410.3465 for schedule.

Go Go Girls from Grapevine

A variety of field trips planned exclusively for women on the go! Join the fun!

Days / Time: Varies

Please call 817.410.3465 for schedule.

Sizzling Seniors

This is a Free class designed for Seniors, all fitness levels. Exercise in a chair or standing up, targeting strength, flexibility, balance and core. Fitness equipment such as balls, exertubes and handweights are used, along with oldies music to create a fun and energetic fitness class.

Days/Time: Tue,Thur / 10:45-11:45 AM
and Fri / 12:00-12:45 PM

Code: 806008

Sizzling Seniors Circuit

This is a Free class consisting of a timed circuit with multiple stations. The focus of this class is strength, lite cardio and balance. Energetic music makes for a great class for the more active senior.

Day/Time: Wed / 12:00-12:45 PM

Code: 806009

Young@Heart Gardening Series

(Active Adults 55 & Better)

10:00 AM - Noon

Botanical Gardens at Heritage Park Pewitt Pavilion or Mitchell House

\$5.00 materials fee and pre-registration is required.

Minimum 4, Maximum 15

Indoor Herb Garden • Sept 28

With winter around the corner, we want to plant a few herbs to grow indoors so that we can have fresh herbs for our winter soups. Of course, we want our little indoor herb garden to have a pretty pot to grow in, so we will begin by decorating a pot with a kitchen/herb theme. Then, we will plant some seeds to get our herbs growing.

Code: 804200-09

Vine Quilters

Learn a variety of techniques in this casual ongoing class taught by published quilter Sandra Millett.

Day/Time: Wed / 10:00-11:45 AM

Code: 805400

Jewelry Making

Join a merry band of beaders and make earrings, necklaces, bracelets and more! Unleash your creativity and learn skills to make jewelry with beads, wire, ribbon, leather, etc. Beginners and those more experienced are welcome. Learn new techniques and explore a variety of methods and materials to make beautiful jewelry you'll be proud to wear and give as gifts.

Day/Time: Thurs / 10:00-11:45 AM

Code: 805500

Seed Tapes • Oct 26

Making seed tapes in the winter is a great way to get ready for spring and summer gardening. Seed tapes are a good way to store leftover seeds and seeds you collect from your garden in the fall. They are easy to make, and all you need are supplies that you have in your home. They are also a great way to share your seeds with friends.

Code: 804200-10

Greeting Cards • Nov 23

Do you remember the excitement of making custom greeting cards for your friends? Come take part in that excitement again. We are going to make seeded paper medallion cards. First we make the paper, next we add the flower seeds, and then we make a card. The lucky person who receives your card can plant the heart which will then produce a lovely pot of flowers.

Code: 804200-11

WEEKLY SCHEDULE

MONDAY

8:00 AM: Water Aerobics
8:00-11:00 AM: Walking (indoor)
8:00-11:00 AM: Fitness Room
9:30 AM: Music Jam
9:50 AM: T'ai Chi
11:00 AM: 55 Fit
1:00 PM: Card Making
1:00 PM: Strength Training
1:00 PM: Mah Jongg

TUESDAY

8:00 AM: Water Aerobics
8:00-11:00 AM: Walking (indoor)
8:00-11:00 AM: Fitness Room
9:45 AM: Chair Exercise
10:00 AM: Oil Painting
10:00 AM: Bridge
10:45 AM: Sizzling Seniors
1:00 PM: Bingo

WEDNESDAY

8:00 AM: Water Aerobics
8:00-11:00 AM: Walking (indoor)
8:00-11:00 AM: Fitness Room
9:45 AM: Chair Exercise
9:45 AM: Grapevine Shopping
10:00 AM: Bridge
10:00 AM: Quilting
11:00 AM: 55 Fit
12:00 PM Sizzling Seniors Circuit
12:45 PM: Grocery Shopping
1:00 PM: Strength Training

THURSDAY

8:00 AM: Water Aerobics
8:00-11:00 AM: Walking (indoor)
8:00-11:00 AM: Fitness Room
9:45 AM: Chair Exercise
10:00 AM: Jewelry Making
10:30 AM: Cycling with Megan
10:45 AM: Sizzling Seniors
1:00 PM: Yoga Lite
1:00 PM & 2:00 PM: Line Dancing

FRIDAY

8:00-11:00 AM: Walking (indoor)
8:00-11:00 AM: Fitness Room
9:30 AM: T'ai Chi
9:45 AM: Chair Exercise
11:00 AM: 55 Fit
12:00 PM: Sizzling Seniors

SPECIAL EVENTS

Sunset Concert Series

Bring your blankets & chairs and enjoy a relaxing fall evening of various music styles surrounded by the beautiful Botanical Gardens. This FREE outdoor concert series will be held the first three Saturday evenings during the month of October from 7pm -9pm. Light refreshments will be available for purchase or you may bring your own food (no alcohol, pets or glass allowed). Grapevine Botanical Garden docents will be available to answer gardening questions and children's gardening activities will also be available at the Ed & Edith Hewitt Educational Pavilion each evening during the concert series. This year's bands will include "Me and My Monkey" The Beatles Tribute on Saturday October 3; Midnight River Choir a Texas groove band on Saturday October 10; and international country music star Jolie Holliday Band on Saturday October 17. Follow playgrapevine.com and Grapevine Parks and Recreation Facebook page for further details. All ages are welcome.

Date: Saturdays, October 3, 10, 17

Time: 7:00-9:00 PM

Location: Grapevine Botanical Gardens (411 Ball St.)

Cost: FREE

Ages: All ages welcome

The GrapeYard at Meadowmere Park

Come to the eerie shores of Meadowmere Park as it is brought back to life this October with a bigger, scarier and more exciting GrapeYard 2015! Enter at your own risk ... Halloween lovers of all ages will be immersed in a creepy wonderland of horrors, with over-the-top settings and scream-worthy attractions. The whole family will enjoy an evening of fright & fun with multiple stages of live music and entertainment, interactive mazes, epic zombie paint ball, laser tag, zombie survival training, ghostly games and so much more...including the return of the famous singing pumpkins! Fabulous food & beverage vendors available all evening. All ages are encouraged to come dressed in their best costumes. This one-of-a-kind experience will run Friday, October 23 and Saturday, October 24 from 6pm - 11pm, join us if you dare for a Halloween scare!

Admission is limited and all event goers must register for tickets in advance. Go to thegrapeyard.com for more information on admission, photos, maps & FAQ. Follow Grapevine Parks & Recreation on Facebook for more details on the weekend's hair-raising attractions.

Date: October 23 & 24

Location: Meadowmere Park, 3000 Meadowmere Lane

Time: 6:00-11:00 PM

Cost: Free with tickets

Ages: All ages welcome

Carol of Lights

Come experience the magic of the season in historic downtown Grapevine as we officially launch the Holiday Season in the Christmas Capital of Texas! The whole family will enjoy this wonderfully entertaining presentation blending traditional favorites and contemporary sights and sounds that will both warm the heart and excite the soul for the most wonderful time of the year. Help sing in the Season and enjoy the spirit of Christmas as the Mayor "flips the switch" illuminating the community tree and all historic downtown. No tickets necessary.

Date: November 23

Time: Activities begin at 5:00 PM, Program starts at 7:00 PM

Location: Town Square Gazebo on Main Street

Cost: FREE

Ages: All Ages welcome

Light Show Spectacular

Be sure to stop by our Christmas Light Show Spectacular, a synchronized light display. The show runs continuously starting Nov. 23-Jan 3 at 6pm at Main Street and Dallas Road.

Date: November 23 - January 3

Time: Show begins at 6:00pm

Location: Main Street & Dallas Road

Cost: FREE

Ages: All ages welcome



GRAPEVINE EVENTS

Tower Gallery & Grand Gallery – 636 S. Main St.

Open daily. Free admission. Monday – Friday, 8 AM – 5:30 PM.; Saturday, 10 AM – 6:30 PM; Sunday, Noon – 5 PM. Free. Visit GrapevineMuseums.com.

Settlement to City Museums at Ted R. Ware Plaza – 206 W. Hudgins St.

Learn the history of Grapevine through hands-on activities, photographs and artifacts. Free event. Tuesday-Saturday, 10:00 AM-4:00 PM
Sunday, 11:30 AM-4:00 PM

First Friday & Classic Film Series – Palace Theatre, 300 S. Main St.

Enjoy a movie in the Historic Palace Theatre. Ticket prices are \$6 per person. For more information, visit Palace-Theatre.com or call 817.410.3100.

Main Street LIVE – Palace Theatre, 300 S. Main St.

The show's professional cast perform a variety of energetic and exciting shows featuring country music, rock and roll, comedy, dancing and more. Call 817.481.8733 or visit MainStreetLive.rocks for updated show and ticket information.

Nash Farm Activities & Events – Nash Farm, 626 Ball St.

Grapevine's Historic Nash Farm offers year-round fun for the entire family. Visit the website for a full listing of special events, First Friday and Frugal Farm Wife programs at NashFarm.org. Some events require pre-registration and have limited space.

Grapevine Vintage Railroad – Cotton Belt Depot, 705 S. Main St.

Hop aboard the Grapevine Vintage Railroad and step back in time to the 19th century. For more details, visit GVRR.com.

29th Annual GrapeFest® – A Wine Experience, presented by Bank of the West. Historic Downtown Grapevine

Sept 17, 18, 19, & 20

Unique wines, fantastic finds, live entertainment and family-friendly fun will highlight the festival. In addition to sampling Texas wines from across the state, festival guests will have the opportunity to sample premium Oregon wines, many of which are not routinely available in Texas and high-end premium Argentina wines. Bank of the West is a member of FDIC. For details, visit GrapevineTexasUSA.com/GrapeFest.

18th Annual Butterfly Flutterby – Grapevine Botanical Gardens at Heritage Park, 411 Ball St.

Oct 17; 10 AM–2 PM

Celebrate the migration of the Monarch Butterfly from Canada to Mexico. The fun starts with a parade of children and pets in butterfly costumes. Enjoy butterfly exhibits, gardening seminars, interactive butterfly arts and crafts, exhibits and entertainment! Free Admission. For details, visit GrapevineTexasUSA.com.

15th Annual Nash Farm Fall Round-Up – Nash Farm, 626 Ball St.

Oct 17; 10 AM–2 PM

Celebrate the harvest season with our annual family-friendly event. Activities include heritage toys, kitchen gardening, cotton planting, farm animals, wagon rides, wood carving demonstrations, jump rope making, wood stove cooking and blacksmith demonstrations. Coupons can be purchased for activities that require a fee. Concessions are also available.

Hallo-Wine Trail – Historic Downtown Grapevine

Oct 24 & 25; 11 AM–5 PM

Wear your costume and have a scary good time at this annual wine tasting event. Must be 21 years or older. For complete details, visit GrapevineWineryTrail.com.

9th Annual Candlelight Tour of Homes – Historic Downtown Grapevine

Nov 14; 4 PM–7 PM

Historic homes in Grapevine will be open to the public for touring. \$10 per person. For details, visit GrapevineTexasUSA.com/CandlelightTourofHomes.

Christmas Capital of Texas®

Mid-Nov thru early Jan 2016

There is no better place to spend Christmas than in the Christmas Capital of Texas®! Grapevine is the essence of Christmas décor, as the city is blanketed with millions of lights, enormous decorations, animated characters, and over 1,400 events. Please visit GrapevineTexasUSA.com/Christmas frequently, as events are updated as the holiday season approaches!



Photo credit: Grapevine Convention & Visitors Bureau

Lone Star Christmas, ICE! & Snow! - Gaylord Texan Resort, 1501 Gaylord Trail

Mid-Nov thru early Jan 2016

Lone Star Christmas at the Gaylord Texan will feature more than 1.5 million lights on display, a 52-foot rotating tree and lavish decorations. ICE! is part of the Gaylord Texan's Lone Star Christmas celebration, which features holiday activities for the entire family. For additional information, visit GaylordTexan.com.

Carol of Lights – Town Square Gazebo, 325 S. Main St.

Nov 23, 7 PM

The public is invited to this free event as the city is transformed into the Christmas Capital of Texas®. Sing along with local choirs and enjoy thousands of lights in Historic Downtown Grapevine.

Light Show Spectacular – Main St. and Dallas Rd.

Nov 23, 2015 through Jan. 3, 2016

This exciting synchronized light and sound display runs continuously from 6-11 PM nightly.

Christmas Entertainment at the Palace Theatre, 300 S. Main St.

The Texas Tenors

Dec 14, 15 & 16

The Texas Tenors mix country and classical music with their own Texas Tenor flavor, bringing Christmas audiences to their feet. For tickets, visit Palace-Theatre.com or call 817.410.3100.

Main Street LIVE

Enjoy Main Street LIVE's "Christmas Spectacular" holiday show: Nov 21 & 28; Dec 4, 5, 11, 12 & 19. Call 817.481.8733 or visit MainStreetLive.rocks for schedule and ticket information.

Christmas Movies at the Palace

Enjoy your favorite family Christmas films on the big screen at the Palace Theatre. Ticket price is \$6. If you would like to purchase tickets the day of the show, you must do so at the Palace Box Office beginning one hour prior to show time. Visit Palace-Theatre.com or call 817.410.3100 for details.

Christmas on Main – Historic Downtown Grapevine

Nov 27-29; Dec 4-6, 11-13, & 18-20

Step back in time! Children of all ages can enjoy the beautiful backdrop of the Victorian-style buildings dressed up with ribbons, bows and wreaths set aglow with twinkling lights. Tractor-drawn wagon rides will depart behind the Gazebo during select hours. Rides are \$1 per person, per ride, proceeds benefit the historic preservation of Nash Farm.

North Pole Express® – Grapevine Vintage Railroad, 705 S. Main St.

Nov 27-29; Dec 4-6, 11-13, & 18-23

All aboard! Enjoy a fun-filled, 30-minute ride on the Grapevine Vintage Railroad's holiday themed train. So, grab your PJs and ride the Grapevine Vintage Railroad on a journey to the North Pole. For details, visit GVRR.com.

Parade of Lights – Historic Downtown Grapevine

Dec 3, 7 PM

Thousands of merrymakers will witness an enchanting display of more than 100 colorfully lighted floats, marching bands and more in Historic Downtown Grapevine. The parade begins at Main St. and Vine St. and heads north on Main St. to Wall St.

Christmas Wine Trains – Cotton Belt Depot, 705 S. Main St.

Dec 10 & 17; 7 PM

Get into the holiday spirit aboard a Christmas Wine Train, featuring festive treats and wine. The Christmas Wine Trains are open to adults 21 years and over. Visit GrapevineTexasUSA.com/Christmas for more details.

After Christmas Train Rides – Grapevine Vintage Railroad, 705 S. Main St.

Dec 26-30; 1 PM

Bring the family to the Grapevine Vintage Railroad for a historic train experience. This week only, trains depart every day from the Grapevine Depot at 1 PM and travel to the historic Fort Worth Stockyards. For details, visit GVRR.com.

** All events subject to change. For more information about Grapevine special events and festivals, please call 817.410.3185 or visit GrapevineTexasUSA.com.*

Photo credit: Grapevine Convention & Visitors Bureau





LAKE PARKS

Meadowmere Park 3000 Meadowmere Lane

Meadowmere Park boasts over 200 acres of recreational opportunities with everything from primitive camping sites, kayak and standup paddleboard rentals, designated swim beach, state-of-the-art play structure, picnic shelters, bbq grills, a group pavilion and ample open space. Our camping sites allow for two tents per site, 6 campers, and plenty of space between sites allowing for a remote camping experience.

Park Office: 817.488.5272

Group Pavilion Rentals: 817.410.3470

Day Use Entry Fee: *\$5 per car

Overnight Camping Fee: *\$25 per site

*Holiday rates: Day Use \$10 per car, Overnight Camping \$35 apply on weekends of Easter, Memorial Day, 4th of July and Labor Day

Rockledge Park 3600 Pilot Point

Rockledge Park offers stunning views of Grapevine Lake amidst a unique rocky outcropping. The park provides a large group pavilion, park store, picnic tables, incredible views of the Friday night and July 4 fireworks shows and access for hikers and mountain bikers to Northshore Trail. This premier photo shoot location offers breathtaking scenes of bluffs, beaches, and sunsets over the lake. To schedule a photo shoot, \$50 per hour (one hour minimum), contact Sheila Rich at srich@grapevinetexas.gov.

Park Office: 817.454.1058

Group Pavilion Rentals: 817.410.3470

Day Use Entry Fee: *\$5 per car

*Holiday rate: Day Use \$10 per car applies on weekends of Easter, Memorial Day, 4th of July and Labor Day

The Vineyards Campground & Cabins on Grapevine Lake

1501 North Dooley Street

The nationally award winning Vineyards Campground & Cabins is Texas' premier camping destination. The Vineyards has ample space for your RVs with spots for all size rigs. In addition to our 93 full hookup RV sites, the Vineyards offers 15 climate controlled lakeside cabins.

Wake up on the shores of Grapevine Lake while still having all the comforts of home. You can join in exclusive campground activities, go hiking, fishing, swimming, kayaking, trail exploring or simply lounge on your cabin's porch and enjoy the lakefront views of this one of a kind park. All cabins are fully-furnished with linens, stove*, microwave, refrigerator, dishes, cable TV, Wi-Fi and more, and can accommodate two to six people, so the whole family can participate in the fun!

*Excluding duplex unit

Reserve online at vineyardscampground.com or call the park office for best available dates at 817.329.8993.

If you love spending time at the lake, purchase an annual Lake Park Pass for year round park and boat ramp access. Available at The REC of Grapevine, The Vineyards Campground & Cabins, Meadowmere Park or Rockledge Park. Resident pass \$35, Non-resident pass \$75

PARKS ADDRESSES

9/11 PLAZA
2 Texan Trail

ACORN WOODS
1000 Oak Grove Loop S.

AUSTIN OAKS PARK
528 Austin Creek Dr

BANYAN PARK
350 Banyan Drive

BEAR CREEK PARK
3230 South State Hwy. 360

BELLAIRE PARK
1004 Pine Street

**BIG BEAR CREEK
NATURE PRESERVE**
3010 Parr Lane

**BOTANICAL GARDENS
AT HERITAGE PARK**
411 Ball Street

CANNON ELEMENTARY
1300 W. College

CASEY'S CLUBHOUSE
1509 Hood Lane

C.J. HUTCHINGS PARK
1201 Cable Creek Drive

CLUCK PARK
312 Central Drive

COMMUNITY OUTREACH
3010 Mustang Drive

**CONVENTION CENTER &
LIBRARY**
1201 Municipal Way

**CROSS TIMBERS MIDDLE
SCHOOL**
2301 Pool Road

DOVE WATERPARK
1509 Hood Lane

DOVE CROSSING PARK
1701 Stoneway Drive

**DOVE ELEMENTARY
SCHOOL**
1932 Dove Road

**FAITH CHRISTIAN
SCHOOL**
730 E. Worth

**FAITH CHRISTIAN
SCHOOL PARK**
500 Austin Street

GLADE CROSSING PARK
512 Westbury Drive

GLADE LANDING PARK
5201 Brettenmeadow Drive

GRACE PARK
610 Shady Brook Drive

HAZY MEADOWS PARK
4300 Hazy Meadows Drive

HERITAGE CENTER
701 S. Main Street

**HERITAGE ELEMENTARY
SCHOOL**
4500 Heritage Road

HERITAGE PARK
200 Ball Street

HIGHPOINT PARK
4121 Freeport Parkway

**HORSESHOE TRAILS
PARK**
2099 Hood Lane

JACKSON PAVILION
3501 Pavilion Place

KATIE'S WOODS PARK
1700 Katie's Woods Drive

LAKE POINTE PARK
1150 West Dove Loop Road

LAKEVIEW PARK
3850 Lakeview Drive

LIBERTY PARK
215 S. Main Street

MEADOWMERE PARK
3000 Meadowmere Lane

MEADOWMERE SOCCER
3295 W. Perch Lane

MCPHERSON SLOUGH
1400 Horseshoe Trail E.

**OAK GROVE BALLFIELD
COMPLEX**
2520 Oak Grove Loop South

**OAK GROVE SOCCER
COMPLEX**
1299 Oak Grove Loop North

**OAK GROVE SOFTBALL
COMPLEX**
2700 Dove Loop Road

OAK RIDGE PARK
2590 Juniper Lane

PARKWOOD PARK
1901 Woodcreek Drive

**PARR PARK AND
SPRAYGROUND**
3010 Parr Lane

PECAN PARK
4200 Halmont Drive

PICKERING PARK
1901 Kimball Road

PLEASANT GLADE POOL
1805 Hall-Johnson Road

THE REC
1175 Municipal Way

ROCKLEDGE PARK
3600 Pilot Point

SAND BASS POINT
399 Sand Bass Drive

SHADOW GLEN PARK
1815 Altacrest Drive

**SILVERLAKE
ELEMENTARY SCHOOL**
1351 N. Dooley

**SUNSHINE HARBOR
PARK**
821 Dawn Lane

**TIMBERLINE
ELEMENTARY SCHOOL**
3220 Timberline Road

TOWN SQUARE
325 S. Main Street

TRAWICK PAVILION
2700 Darren Medlin Trail

**THE VINEYARDS
CAMPGROUND &
CABINS**
1501 N. Dooley Street

WALL-FARRAR PARK
W.D. Tate & State Hwy 360

**YORKSHIRE MEADOWS
PARK**
2710 Whitby Lane

BOAT RAMPS

DOVE LOOP RAMP
3000 Dove Loop Road

KATIE'S WOOD'S RAMPS
1899 Katie's Woods Loop

LAKEVIEW RAMP NORTH
3099 Island View Drive

LAKEVIEW RAMP SOUTH
2150 Lakeview Drive

**MCPHERSON SLOUGH
RAMP**
2500 Catfish Lane

**MEADOWMERE LANE
RAMP**
3013 Meadowmere Lane

**MEADOWMERE PARK
RAMP (LOW WATER)**
3000 Meadowmere Lane

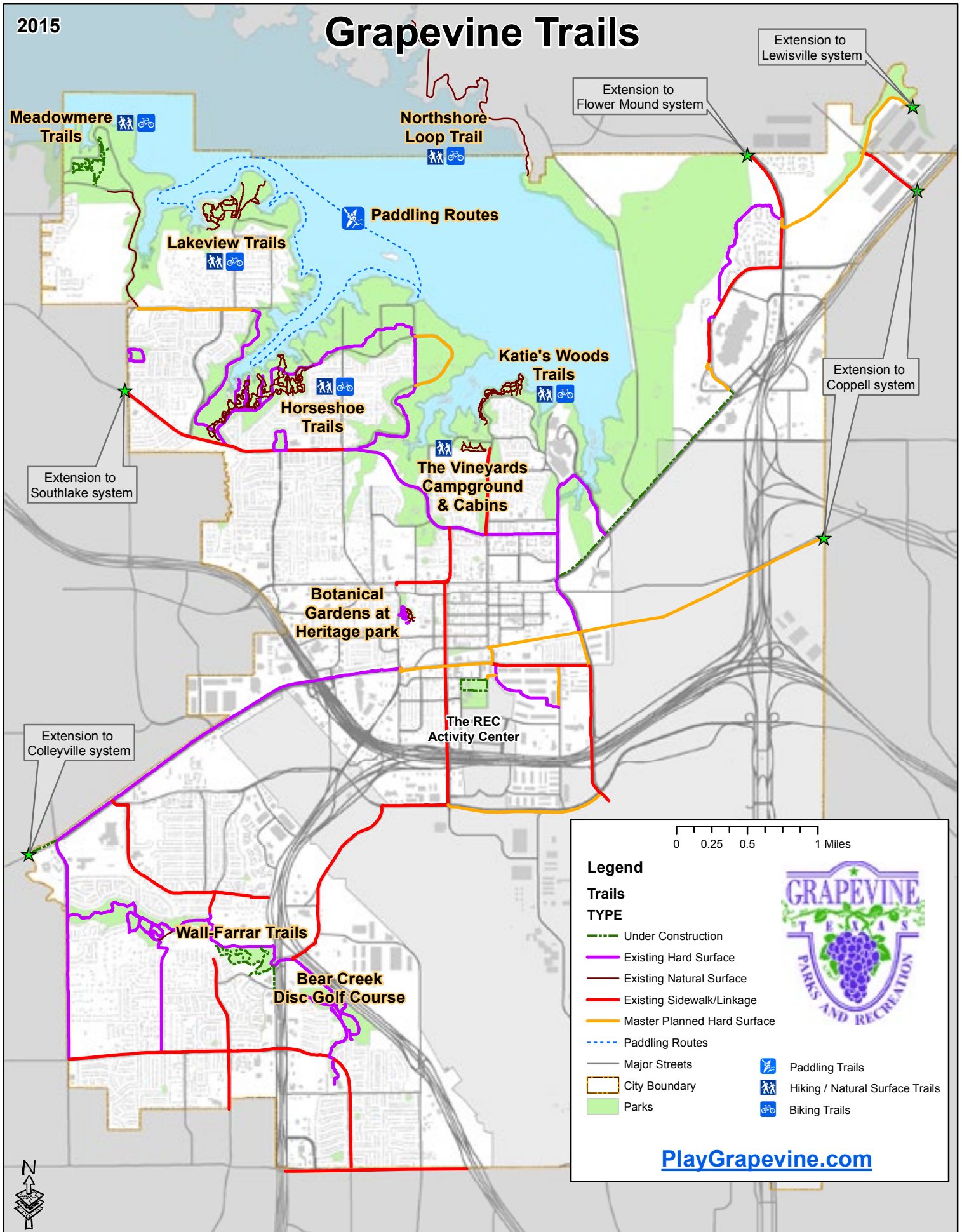
SAND BASS POINT RAMP
399 Sand Bass Drive

SCOTT'S RAMP
1999 Farris Branch Drive

TRAWICK RAMP
2799 Darren Medlin Trail

THE VINEYARDS RAMP
1501 North Dooley Street

Grapevine Trails



GRAPEVINE LAKE PARKS AND BOAT RAMPS



2015

REGISTRATION INFO

Registrations will be processed on a first-come, first-serve basis. No early registrations will be accepted.

ONLINE REGISTRATION

Register online at playgrapevine.com. You must have a user ID and password, which may be obtained at The Rec of Grapevine. Visa or MasterCard required for payment. Due to fee structure, some classes may not be available on-line. Due to fees not being discounted online, HERO recipients cannot register via the Internet.

PHONE-IN REGISTRATION

Households that have previously registered for Parks and Recreation programs, and are therefore already in our computer system, may register by phone. Payment must be made with Visa or MasterCard. Memberships may not be processed over the phone. Please have your Play Grapevine guide and credit card available to expedite registration. Please call 817.410.3450 for phone-in registrations.

WALK-IN REGISTRATION

Will be accepted at The REC of Grapevine

REFUNDS

Your satisfaction is important to us! If you are not completely satisfied with your class, please notify us. The following are general guidelines for refunds:

- 1) A refund may be prorated dependent upon the date of the request. Refunds must be requested prior to the midpoint of that session.
- 2) All requests for refunds will be reviewed by staff.
- 3) A Refund Request Form must be completed in person or with a staff member via telephone. Forms may be obtained at The Rec of Grapevine.
- 4) Refunds will be refunded back to the credit card charged and applied to the household account for future use, or processed and a check returned. No cash refunds.

CANCELLATIONS

All programs must have a minimum number of participants in order to be conducted. If a program does not meet this minimum no later than 48 hours prior to the program start date, the class may cancel/combine or make any revisions necessary. A full refund will be processed and mailed. Please allow 3 weeks for refund.

PLAYER'S NOTICE

Participants must recognize that all classes/activities of a physical nature involve some risk, and by registering for a class/activity of this nature, there is an assumption of risk by the participant. The City of Grapevine Parks & Recreation Department is dedicated to providing safe facilities and equipment for all participants, as well as qualified staff and instructors. Every effort is made to ensure the safety of the participants and to provide them with first-class leisure activities, facilities and parks. In the event of a serious accident or illness, it is the policy of the City of Grapevine to:

- 1) Contact Grapevine Fire Department Emergency Services to perform first aid, and when necessary, recommend transportation to a hospital.
- 2) Reach the parent and/or legal guardian as soon as the situation allows.

LAKE PARKS ANNUAL PASSES

Purchase yours today at The Vineyards Campground and Cabins (1501 North Dooley St), Meadowmere Park (3000 Meadowmere Ln), and Rockledge Park (3600 Pilot Point). These calendar year passes provide holders use of all nine public boat ramps in Grapevine and access to Meadowmere and Rockledge Parks.





GRAPEVINE TOWNE CENTER

grapevinetownecenter.com

Intersection of SH-114,
William D. Tate and SH-26

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For more information, please visit TheREC.com.



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